



‘A part of her is gone’: Mother

CASE REACTIVATED

Parent of alleged rape victim speaks out to Metro



Stephanie Taylor
Metro | Halifax

Like most mothers, Denise is fiercely proud of her daughter.

The Nova Scotia woman describes her 18-year-old as compassionate, open-minded, empathetic; someone who is always smiling, and isn't afraid to stand up for friends.

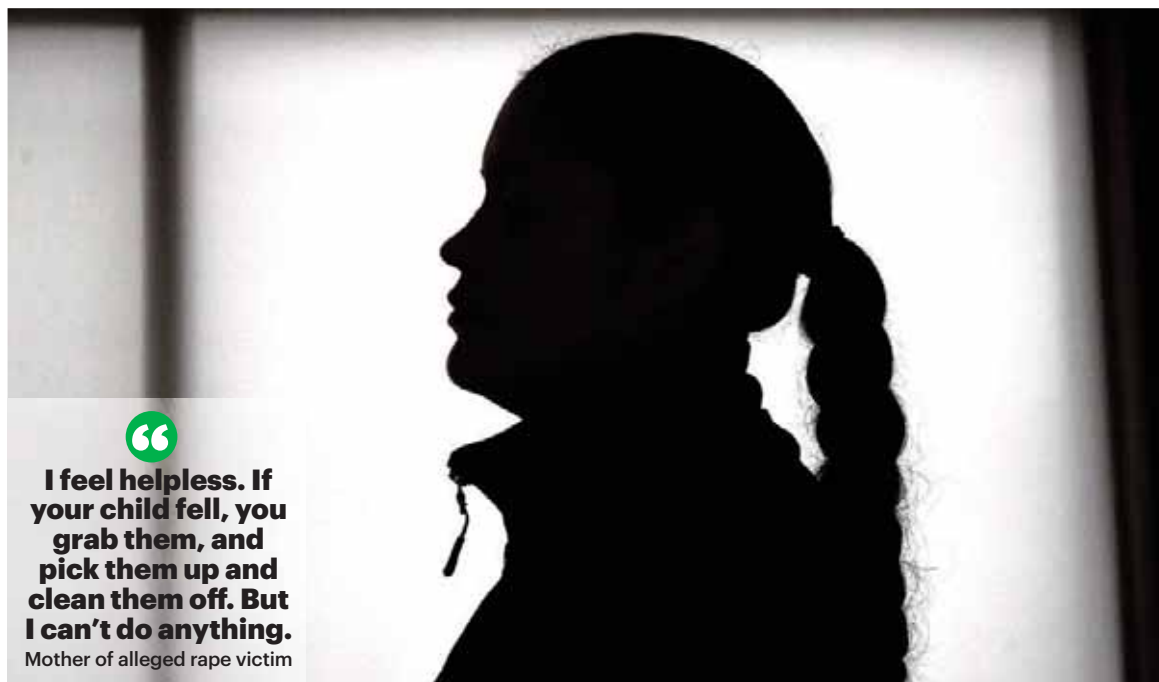
"She's shy, but the most charming girl you'll ever meet," Denise said during an interview Tuesday. "Now she's quiet. My daughter's gone. A part of her is gone."

"Denise" is a pseudonym Metro Halifax has chosen for the woman, to protect the identity of her daughter.

She spoke to Metro Halifax about her daughter's alleged rape, which took place at a fraternity party in downtown Halifax on Halloween night.

Halifax Regional Police recently reactivated the case, after the group Anonymous released a video identifying the accused attacker.

Denise said her daughter had been attending first-year university in the city for only two months, with plans to major in environmental issues.



“I feel helpless. If your child fell, you grab them, and pick them up and clean them off. But I can't do anything.”
Mother of alleged rape victim

A mother of an alleged rape victim speaks out to Metro Halifax on Tuesday. JEFF HARPER/METRO

On the night of Oct. 31, she met up with friends at a fraternity party, where there was a man whom Denise said her daughter had met before.

"She remembers everything, up until he convinced her to take drugs," she said.

Denise later found out it was Ecstasy, and that the man had allegedly teased her daughter into taking the pills by calling her a "p-y."

"After that, that's when she started coming in and out of blackouts."

Denise said her daughter remembers lying on a bed, while some friends stood in the doorway, wanting to talk. She then shut her eyes and recalls the man locking the door.

"She shut her eyes again, and he was raping her, and she said, 'Stop.' 'No.' 'Stop.'" Denise said. "He was raping her and she

was telling him to stop. And he didn't stop."

Denise said her daughter eventually left and went back to her dorm room, and tried to kill herself by overdosing on anxiety pills.

Denise later got a phone call around 3 a.m.

"I just kept telling her I loved her, and she was crying and screaming," Denise recalled.

A friend eventually called

9-1-1, and her daughter was rushed to hospital, where Denise picked her up.

"It was just like she wasn't my daughter. It was different. She didn't look right," she said.

Halifax Regional Police officers visited her daughter in the hospital, but she did not want to give a statement.

The reason, Denise said, was because she was traumatized, and had previously watched

“

Anonymous is not going to fade away. We'll always support her.

Member of Halifax Nova Scotia Anonymous

Denise herself go through the court as a victim of sexual assault and lose.

"The case was slated for file closure," police spokeswoman Theresa Rath said Tuesday.

"She would not provide police any details," Rath said, explaining that investigators respect a victim's decision, whatever that may be.

Police had planned to keep in contact with the family, Rath added.

A member of Halifax Nova Scotia Anonymous told Metro Halifax that upon hearing the case was closed, Denise sent the group an online message asking for help, and a video identifying the accused was eventually uploaded.

The next day, when investigators contacted her daughter again — which Rath said was already planned, wholly separate from Anonymous' involvement — she decided to provide a statement.

"If it wasn't for that video, she wouldn't have done anything. 'Cause she thinks that the system's going to fail her, too," Denise said.

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BUSINESS



Haley Ryan
Metro | Halifax

As he walked her out in



Halifax Regional Police spokeswoman Const. Diane



Shandell McNamara

By speaking out, McNamara said she hopes to get a written apology from the store owner and Shoppers and hear from those who've had similar experiences so owners can be held accountable for unfair bans.

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WENTWORTH



CORNWALLIS

Police arrest wanted man

RCMP say they have arrested a man wanted for a rash of break-ins in Nova Scotia.

Digby RCMP Cpl. Sean Boulger said Dempster will appear in court on Wednesday after bystanders in the community of Cornwallis watched the arrest Tuesday around 11:20 a.m.

Half a dozen police cars, with lights flashing, blocked streets at around 10:30 a.m., and two officers knocked on the door of a condo at 504 Harbour View Cres.

Witnesses nearby could hear the RCMP using the name "Justin" in their conversation with someone in the condo.

"They told him, 'Justin we have a warrant for your arrest,'" said one witness. "And they said, 'Justin, you might as well come out,' or something like that."

Witnesses say they saw a man come out of the condo wearing a dark grey hoodie and sweatpants, smoking a cigarette and shrugging his shoulders.

RCMP had been looking for Dempster since Oct. 28 when they say he breached his release conditions on charges related to a series of break-ins and thefts in Digby, Annapolis and Yarmouth counties, as well as New Brunswick. TC MEDIA



Justin Jody Dempster

TC MEDIA

NEW GLASGOW

Man spends energy on energy drinks during break-in: Police

Police in Nova Scotia are investigating after they say a man broke into a store and stole only energy drinks.

Around 2:20 a.m. Tuesday, New Glasgow Regional Police responded to a break and enter at Big Al's Convenience Store on North Provost Street

in New Glasgow.

The investigation found that the male suspect entered the building through the west wall, stole a "large quantity" of energy drinks, and left the area.

He is described as being clean-shaven, with a youth-

ful appearance and long blond hair.

He was likely in his early to late 20s, with a tall, thin build, and he was wearing a waist-length brown jacket and white or light grey hoodie, with narrow blue stripes on the hood.

METRO



Paul Calnen arrives in Nova Scotia Supreme Court on the first day of his trial on a charge of second-degree murder. JEFF HARPER/METRO

Defence presents no evidence at trial

PAUL CALNEN CASE

Closing arguments expected Wednesday



Zane Woodford
Metro | Halifax

Lawyers for both sides are expected to make their closing arguments Wednesday morning in the second-degree murder trial of Paul Calnen.

Calnen, 52, is accused in the 2013 killing of his girlfriend, Reita Jordan, 34, in Hammonds Plains. At the start of the trial earlier this month, Calnen pleaded guilty to a charge of indecently interfering with human remains — in this case, burning them. Jordan's body was never recovered.

The Crown and defence spent the morning Tuesday in Nova Scotia Supreme Court arguing about evidence without the jury present after the Crown rested its case Monday afternoon.

When the jury was allowed back in the courtroom, defence lawyer Peter Planetta told them he wouldn't be presenting any evidence in the case.

Wednesday morning, Crown attorney Rick Woodburn will make his closing statement, followed by Planetta's, and then Justice James Chipman will instruct the jury on its duty in coming to a verdict.

Five weeks had been set aside for the trial, which could now be over by the end of the third. Jordan's parents, Donna and Warren, are happy to see the case moving along quickly.

"We are waiting for the end," Donna Jordan said during the lunch break at court

on Tuesday.

"It's very stressful. It will be stressful even after it's all finished."

At least half a dozen members of Jordan's family have been watching the trial every day. Now that the trial is coming to a close, more family members have come to court to watch the proceedings.

On Tuesday, they wore purple ribbons, representing awareness of domestic violence, with an angel brooch in the centre, representing Reita Jordan.

"She's still with us," said Donna Jordan. "She'll always be with us."

THE VERDICT

The jury could be deliberating on that verdict as early as Thursday morning.

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CRIME

Police seek suspect after Quinpool Road bank robbery

Halifax police are looking for a man in his 20s, after a bank robbery on Quinpool Road Monday night.

Police say a man entered the Quinpool TD Bank at about 6 p.m. and passed the teller a note saying he had a weapon and wanted cash.

The teller handed over an undisclosed amount of cash and the suspect left.

Police deployed officers and a dog in the area, but couldn't find the man.

He's described as a clean-shaven white man, six feet tall with a medium build.

At the time of the robbery, police say, he was wearing a grey sweatsuit "with a lime green and yellow pattern down both sides" and a toque.

Anyone with information about the robbery is asked to call police or Crime Stoppers.

METRO

IMMIGRATION

Premier supports federal refugee plan

Nova Scotia's premier doesn't want to pre-judge whether Ottawa should pull back from a plan to bring 25,000 Syrian refugees into Canada by the end of the year.

Stephen McNeil said Tuesday that Ottawa is responsible for handling any security concerns that arise from its screening process of refugees and his province remained ready to proceed with welcoming newcomers once it's determined how that will happen.

McNeil said he expected many of those concerns to be addressed in a federal-provincial meeting next week, in light of the recent terror attacks in Paris and Beirut.

"Security coming into the country is the responsibility of the federal government," said McNeil.

"So if (the plan) continues to move forward, we are ready to participate as part of the federation."

He made the comments following the release of a letter by Saskatchewan Premier Brad Wall, who says the refu-



If (the plan) continues to move forward, we are ready to participate.

Premier Stephen McNeil

gee plan may pose a threat to Canadian security.

The Nova Scotia Immigration Department said it is continuing to plan for the eventual arrival of refugees and will use its 211 service line to gauge and co-ordinate help offered by the public.

THE CANADIAN PRESS



HELPING OUT

Immigration Minister Lena Metlege Diab encourages individuals or businesses to call the toll-free 211 line with any offers of clothing, food, lodging, or financial donations.



Lena Metlege Diab updates the media at One Government Place on Tuesday. JEFF HARPER/METRO



The sale of the Bloomfield Centre hinges on a finalized development agreement. METRO FILE

Bloomfield Centre remains in limbo

DEVELOPMENT

City has spent over \$380K to maintain a vacant facility



Stephanie Taylor
Metro | Halifax

Longtime plans to transform the now-shuttered Bloomfield Centre into a hub of community activity and affordable housing seem to have slowed to a stall.

Located on Agricola Street in the city's north end, the 3.2-acre site was declared surplus

by HRM and given approval by Halifax regional council in 2012 to be sold to Nova Scotia Housing Development Corporation for redevelopment.

But finalization of that sale is not expected to happen by the end of 2015, according to the province.

Provincial government spokeswoman Heather Fairbairn said this week the sale hinges on submission of a finalized development agreement by Housing Nova Scotia, then subsequent approval by Halifax Regional Municipality.

"We're frustrated," said Susanna Fuller, co-chair of Imagine Bloomfield, a community group partnering with Housing Nova



It's three years later, and we're no further ahead.

Susanna Fuller

Scotia on the project.

"It's three years later, and we're no further ahead."

Although the sale price of the centre has not been publicly released, financial statements show HRM is waiting to receive more than \$18-million in land revenue from the deal.

Fuller said this week her group is still waiting on a decision by the province, after

hosting a year's worth of public consultations, gathering feedback on how to redevelop the site into a mix of commercial market space for a creative industry, along with 20,000 square feet of community and public open space.

Also included were plans to build hundreds of housing units, with nearly half priced for affordable living, she said.

"There's a real need for home ownership in the north end and affordable home options," she said.

According to the city, HRM has doled out more than \$380,000 on the general upkeep of the building from last fiscal year until Oct. 29.

metr OBITUARIES

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Pete Lockett, owner of Lockett Vineyards in the Gaspereau Valley, sits in the barrel room at his winery near Wolfville this week. ANDREW VAUGHAN/THE CANADIAN PRESS

In business, 'you can't be average'

SUCCESS STORY

Mogul turns to wine-making after selling grocery chain

Pete Lockett has never been afraid to start over.

In his 62 years, the self-made retail magnate has been a painter, a yogurt maker, a TV star and now the man who just sold his beloved grocery empire to Sobeys Capital Inc. to focus on his latest passion: Wine-making in Nova Scotia's Annapolis Valley.

Known for his larger-than-

life personality, Lockett is uncharacteristically bashful when asked how much the deal, which includes two Halifax-area Pete's Fine Foods stores and one wholesale operation, is worth.

But one can assume it leaves him in better shape than when he sold his small but successful fruit and vegetable stall in Nottingham, England, in the late 1970s to feed his appetite for adventure.

Well-travelled but penniless, Lockett wound up at the Canadian consulate office in Dallas, Texas, looking for a fresh start.

"I had no money, I had no job offer, I had no relatives,

none of the ingredients required to be an immigrant to Canada, but I had this old Scottish wool tweed suit," he says, sitting in his modest office at Lockett Vineyards in Wolfville, N.S. "I looked like James Bond ... I think I dazzled 'em."

Three weeks later, the Englishman was on his way to Alberta. He spent a couple of years out West before "itchy feet" propelled him to the Maritimes with hopes of own-

ing a farm and living off the land. He was selling home-made yogurt when he read a story in Harrowsmith magazine about the Saint John City Market, one of the oldest farmers' market in Canada.

By 1982, Lockett was on his next adventure, this time with \$300 to his name. He spent \$250 on produce and the rest on a small booth at the market, which he christened Pete's Frootique. Using boisterous

and flirtatious sales tactics he'd learned as a teenager, Lockett attracted lots of business and a few scowls from fellow vendors not used to his gregarious style.

"I used to wear a top hat and tails," says Lockett in his trademark cockney accent. "I got this green bow tie and green shoes and I used to wear it just for the heck of it.... I started with all the lines, all the shouting and yelling. I was upsetting a lot of market tenants because it had been a quiet market for 100 years."

After a scuffle with one disgruntled competitor made local headlines, Lockett said he was approached by the CBC to

do a TV spot. The gig, which lasted 14 years, turned Lockett into a household name and spawned his famous "toodle-dee-do" signoff.

The market stall also attracted two very important customers, one of whom has been Lockett's wife for the past 28 years. The other, Dianne Hamilton, is Lockett's long-time friend and business partner.

Lockett says the secret to good business is standing out.

"I'm not blowing me own trumpet here," he says. "You can't be average. If you want to start a business, you've got to be a whirlwind and you've got to be the best of the best."

THE CANADIAN PRESS

"I've lived the dream. It's been the ride of my life, but like any ride there's always a time to get off."

Pete Lockett

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TRANSPORTATION

Province doesn't owe \$2M: Minister

Nova Scotia's transportation minister says the province does not owe \$2 million to the former operator of the ferry between Yarmouth and Portland, Maine.

Geoff MacLellan was responding to Nova Star Cruises president Mark Amundsen, who says the company is contractually owed the money, which was used to post a bond to satisfy U.S. regulations requiring a guarantee to refund ticket sales if necessary.

MacLellan says the \$2 million, which was part of the initial \$21-million fund used by the ferry in its inaugural 2014 sailing season, was returned to the province in July. He says it was only meant to help the company get to the point where it could set up its own escrow account to cover the U.S. requirement.

MacLellan says the province has no legal obligation to give the company the money and it won't be returning the funds.

THE CANADIAN PRESS

Man tries to take photos of children for a \$10 fee

FISKE STREET

Police seeking person linked to 'out of the ordinary' act



Zane Woodford
Metro | Halifax

Halifax police are looking for a suspicious photographer who

asked to take pictures of children at an apartment building.

Police say a man knocked on all the doors of an apartment building on Fiske Street on Monday, asking to take pictures of the tenants' children for a \$10 fee.

He was also offering his portfolio of work for a \$2 fee.

Halifax police spokesperson Dianne Woodworth said police got an anonymous call just after 4 p.m.

"They thought it was a little



If this person sees this and he's legitimate, we're hoping that he will call us.

Halifax Regional Police Const. Dianne Woodworth

bit out of the ordinary," she said Tuesday.

When police got to the building on Monday, they searched the area but were unable to find the man.

He's described as a white man with a scruffy beard who

could be connected to one earlier in the day when a man grabbed a boy's arm on a path between Fiske Street and Glenforest Drive.

Woodworth said police might not have found this incident suspicious if not for the one in the same area earlier in the day.

"Just because we had the young boy grabbed earlier in the same area, we wanted to make the public aware," Woodworth said.



VICTORIAN CHRISTMAS FAMILY TRADITION KICKS OFF 26TH YEAR Piper Michael Adams, left, plays a holiday tune on the chanter as Quarter Master Sgt. Randy Westhaver stands guard at Citadel Hill on Tuesday. The 26th annual Victorian Christmas takes place this Saturday and Sunday from 12 to 4 p.m. each day.

JEFF HARPER/METRO

IN BRIEF

Revenues top \$5.8M in Chase the Ace lottery

The final totals are in for a game of Chase the Ace that recently drew thousands to a small Nova Scotia town and sparked a wave of similar lottery games across the region. Committee spokesperson Cameron MacQuarrie says more than 3.5 million tickets were sold for the fundraiser over its 48-week run in Cape Breton's Inverness. MacQuarrie says more than \$2.9 million was given out in prizes, while total revenue was \$5.89 million. THE CANADIAN PRESS



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- 3 Hedley Hello
- 2 Adele Hello
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Duffy to take stand in final chapter

TRIAL

Crown brings forward last of witnesses

The last chapter of the long trial of Sen. Mike Duffy will be headlined by a much anticipated appearance by the main character himself.

On Thursday, Ontario Justice Charles Vaillancourt will

resume hearing the Crown's case against Duffy on 31 charges of fraud, breach of trust and bribery. The senator for Prince Edward Island has pleaded not guilty, arguing he followed all the Senate's expense and spending rules as they were spelled out at the time.

Crown prosecutors will be wrapping up their evidence over the span of roughly a week, bringing forward a final

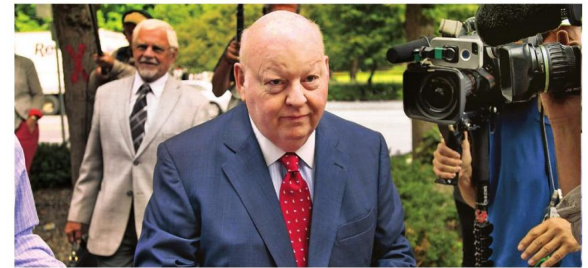
set of witnesses. Chief among them will be Duffy's friend and former colleague Gerald Donohue.

Duffy himself is expected to take the stand once the defence begins presenting its case, once the Crown is done.

Duffy awarded Donohue some Senate contracts for research and consulting services, and Donohue in turn cut cheques to other service providers through family com-

panies, including a private trainer and a makeup artist. Donohue has been in poor health, and the court has had difficulty organizing dates for his testimony.

That particular element of the trial will hardly be as compelling as the testimony in August of senior members of former prime minister Stephen Harper's staff, including former chief of staff Nigel Wright. THE CANADIAN PRESS



Former Conservative Senator Mike Duffy arrives at the courthouse in Ottawa in August. THE CANADIAN PRESS

POLITICS

Former Harper aide found not guilty

A former top aide to Stephen Harper has been found not guilty of influence-peddling — even though the judge in the case said that Bruce Carson did try to convince government officials to buy water treatment systems being sold by a firm that employed his former escort girlfriend.

But in the end, Carson attempted to influence the wrong people, because those officials had no direct ability to sway First Nations communities to purchase the equipment, Ontario Superior Court Justice Bonnie Warkentin ruled Tuesday.

Carson was charged in connection with his attempts to promote the sale of water purification systems for First Nations communities by a company known as H2O Pros and H2O Global that had hired his former girlfriend, Michele McPherson.

"It is abundantly clear that Mr. Carson was attempting to influence government officials within INAC (Indian and Northern Affairs Canada), cabinet ministers and their staff as well as high ranking members of the AFN (Assembly of First Nations) to promote H2O's water treatment systems," Warkentin

said in her ruling.

"Mr. Carson also admitted that he used his influence in this fashion in order to obtain a benefit for his then girlfriend," she added.

None of that mattered, however, since First Nations communities — and not the government — hold the power to decide whether to buy the water treatment systems the company was selling, Warkentin wrote in her decision.

"The evidence supports the defence position that it was the individual First Nations communities that determined whether or not to purchase the point-of-use systems being sold by H2O."

THE CANADIAN PRESS



Bruce Carson
THE CANADIAN PRESS FILE

POACHING

Two bison shot, killed in Elk Island National Park

Two bison have been shot and killed in a national park east of Edmonton.

Parks Canada says it happened near the north entrance of Elk Island National Park over the weekend of Oct. 17-18.

One of the animals was dragged along Highway 16, which bisects the park, to a field approximately 800 metres north of the park where some of its meat was cut off.

A white Dodge pick-

up truck with extra grill lights and a rooftop light bar was seen in the area and may have been involved.

It's illegal to hunt, harass, poach or injure any animal in a national park.

The fine for poaching bison start at \$4,500 to a maximum of \$750,000 and/or imprisonment of up to five years.

Pat Dunn, an external relations manager with Parks Canada, says the killings are "senseless."

THE CANADIAN PRESS

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SECURITY

Paris flight diverted to Halifax



Philip Croucher
Metro | Halifax

An Air France flight destined for Paris from Washington was diverted into Halifax Tuesday night due to a bomb threat.

Peter Spurway, spokesman for the Halifax Airport Authority, said Flight 055 landed safely at Halifax Stanfield International Airport at 10:15 p.m. and the airport was operational.

The 298 passengers and crew on board the Boeing 777 were then evacuated from the plane.

When asked why the plane made the unscheduled landing in Halifax, Spurway referred questions to the RCMP.

In a series of tweets issued at about 12:10 a.m. Wednesday, the RCMP confirmed a bomb threat was made and after safely landing, several different agencies assisted in getting the passengers and crew safely off the aircraft.

"(RCMP) will be searching the Air France plane using police dogs trained in explosives," one of the tweets read.

Also Tuesday night, U.S. officials say an Air France flight bound for Paris from Los Angeles was diverted to Salt Lake City because of security concerns.

Federal Aviation Administration spokesman Allen Kenitzer could offer no further details on the security issue.

WITH FILES FROM THE ASSOCIATED PRESS

Logistics challenge refugee planners

IMMIGRATION

Getting 25,000 Syrians to Canada is a complex task

First came the announcement of the 25,000 Syrian refugees' fast-tracked arrival in Canada.

Now come the logistics. Admittedly, there are plenty of problems. Although numbers ramped up recently, the Harper government cut immigration staff and shrank refugee budgets over the past decade, making it more difficult to process thousands of people in the six weeks left until the end of the year. Or even the longer period that has been hinted at.

But consider the sheer logistics of getting 25,000 mainly Arabic-speaking Syrians from Lebanon, Turkey and Jordan to Canada without mishaps, missteps and the numerous setbacks that face even ordinary travellers.

"I was one of those urging caution," says Howard Adelman, who launched a national campaign in 1979 that



Syrian refugee children play at a settlement on the outskirts of Mafraq, Jordan, in October. Syrian refugees won't be coming to Canada from a single camp. THE ASSOCIATED PRESS FILE

brought 60,000 Indochinese "boat people" to Canada in 24 months. But he added, "there was so much enthusiasm that I changed my mind."

Scott Mullin, labelled the "One-Man Board of Immigration" during the airlift of Viet-

namese refugees from Sham Shui Po refugee camp in Hong Kong, processed thousands of people, sending off a flight every two to three days.

But he said, this operation will be more unpredictable and difficult, because the Syrian refugees won't be coming from a single camp.

Even when they reach the airports, "flying is complicated. There are baggage limits. Women have babies. Elderly people die. And then there's someone who forgot to add

their nephew to their documentation papers, so you have six people instead of five."

Military rather than chartered commercial transport may be a less complex way of travel, and better equipped for dealing with security problems and emergencies, says Walter Dorn, a professor of defence studies at Royal Military College of Canada. But he warns it's more expensive by far and military aircraft aren't outfitted for large numbers of passengers. TORSTAR NEWS SERVICE



When the government is this gutsy and ambitious I don't think anybody will care if they're not all here by Jan. 1.

Howard Adelman, who launched a 1979 campaign

IN BRIEF

Hidden knife leads to arrest on Parliament Hill

The Mounties arrested a man carrying a hidden knife outside the Parliament Buildings on Tuesday, as security forces remain on high alert following the recent deadly terror attacks in Paris and Beirut. The Parliamentary Protective Service apprehended the man outside Centre Block and took him into custody, RCMP Cpl. Valerie Thibodeau said Tuesday evening. Charges were pending as of early Tuesday evening, and the investigation is ongoing. It was unclear whether the investigation was terrorism-related. There were no available details on the alleged knife's size or type. MICHAEL WOODS/METRO OTTAWA

MILITARY

More troops to join training mission

Canada will deploy more troops to help train local fighters battling Islamic State extremists as part of Canada's renewed commitment to the anti-terror fight, Prime Minister Justin Trudeau says.

Trudeau confirmed Tuesday what he has been hinting at for several days — that a beefed-up training mission will mark the core of Canada's changing contribution to the coalition fight against extremists in Iraq and Syria. But Trudeau also warned the battle against the terrorists will "not be a short engagement."

Canada will announce it will commit more soldiers to the training role to enable local militia to take the fight to the extremists and reclaim ter-

ritory in Iraq lost to Islamic State of Iraq and the Levant (ISIL) forces.

Talking to reporters, Trudeau said the new military mission is certain to involve more than the 69 Canadian troops already on the ground in northern Iraq, an operation launched more than a year ago to train peshmerga forces. But just how many more, their exact mission and the timing of the deployment are all questions that are being looked at, he said. TORSTAR NEWS SERVICE



Justin Trudeau
METRO



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IN BRIEF

Republicans seek 'pause' on Syrian resettlement

Republicans urged an immediate closure of America's borders to Syrian refugees Tuesday, drawing angry denunciations from some Democrats and igniting an emotional debate about U.S. values in the wake of the deadly Paris terror attacks.

"Pause" was the word used by both new House Speaker Paul Ryan and Senate Majority Leader Mitch McConnell, both Republicans, urging at least a temporary halt in the resettlement of Syrians and disputing Obama administration claims that the small numbers making their way here so far are being thoroughly investigated.

The administration, however, showed no sign of backing off its plans to bring an additional 10,000 Syrian refugees to the U.S. THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Attacks, assaults against refugee shelters surging

The number of arson attacks, assaults and other crimes against refugee shelters in Germany has passed 700 this year, according to figures obtained Tuesday by The Associated Press. Data compiled by Germany's federal police showed 715 such crimes between the start of the year and Nov. 16, compared with 199 in all of 2014.

THE ASSOCIATED PRESS

640

In at least 640 cases of attacks, authorities were able to confirm a far-right motive behind the crimes.



People observe a minute of silence on Monday outside the La Belle Equipe — one of the targeted shooting sites — on Rue de Charonne in the XI arrondissements in Paris. JACQUES DEMARTHON/AFP/GETTY IMAGES

Café des Anges: A living memorial

Paris Staff regularly traded back and forth with La Belle Equipe



Marco Chown Oved
IN PARIS

A short walk from the public mourning in Place de la République and the bouquets at each shooting site is a café that doesn't appear to have any connection to the November 13th terrorist

attacks.

But if you go past the round tables lined up along the sidewalk and through the blue French doors on the corner, it becomes clear the Café des Anges is a living memorial to its victims.

Five current and former employees as well as six regular customers were killed at La Belle Equipe, an establishment so intertwined with this one that they traded staff back and forth.

More than two dozen friends had gathered there on the fateful evening to celebrate waitress Houda Saadi's 35th birthday. They were sitting on the terrace and bore the brunt of the assault when it came. Many are still in hospital. Eleven didn't make it.

Among the dead are Hodda and her older sister Hamila, 36, bartender Lacrimioava (Lacri) Pop and her partner Ciprian Calciu, waitress Michelli Gil Jaimez, 27, former bartender Guillaume Le Dramp, 33, and regulars Ludovic Boumbas, René Bichon and Hyacinthe Koma.

"Just thinking about it brings back images, very graphic images," said Café des Anges's manager Virgile Grunberg.

One invitee showed up late and found police tape and carnage where the party was supposed to be. A pair of brothers dragged their dying sisters from the chaos and desperately performed CPR as they waited for help to arrive.

I spent most of the day with Grunberg and his staff and watched them put on a brave face as the lunchtime rush arrived. They poured coffee, cleared tables and hauled cases of wine up from the basement, all while stopping to chat with those who came by to pay their respects, and greeting regulars with a hug instead of the customary bisous.

"We are all very close, the staff, the customers," Grunberg said. "This is a neighbourhood café. People come everyday and they tend to spend a lot of time here. We're all part of each other's lives."

Axel, a bartender, put it more succinctly: "we're family."

TORSTAR NEWS SERVICE

EUROPE

Activists urge open borders

Europe must resist the urge to seal its borders to refugees and asylum seekers in the wake of the deadly attacks in Paris last week, Amnesty International said today.

The human rights group is calling for safe, legal routes for the refugees to reach Europe and efficient screening processes to allow them to stay.

"Giving in to fear in the wake of the atrocious attacks on Paris will not protect anyone," John Dalhuisen, Amnesty's director for Europe and Central Asia, said in a statement.

"The numbers fleeing persecution and conflict have not gone away, nor has their entitlement to protection. In the wake of this tragedy, the failure to extend solidarity to people seeking shelter in Europe, often after fleeing the very same kind of violence, would be a cowardly abdication of responsibility and a tragic victory for terror over humanity."

Irregular arrivals into the European Union totaled about 500,000 in September alone, compared to 280,000 in all of last year, Amnesty said in "Fear and Fences: Europe's Approach to Keeping Refugees at Bay."

The report details human rights abuses and push-backs on the border between Spain and North Africa, along the dangerous eastern Mediterranean route via Turkey and on the borders of Macedonia, Serbia and Hungary. TORSTAR NEWS SERVICE

+ GATEKEEPER

A deal between the EU and Turkey allowing the Turkish authorities to "prevent irregular migration" has turned Turkey into a gatekeeper for Europe, Amnesty said.

FRANCE

French police continue hunt for fugitives

France's defence minister says 10 French fighter jets are carrying out new airstrikes on Islamic State of Iraq and the Levant (ISIL) group targets in Syria.

Minister Jean-Yves Le Drian says the jets have carried out new raids Tuesday evening. Speaking on TF1 TV, the French defence minister said France will have 36 fighter jets in the region capable of carrying out airstrikes on ISIL targets once the Charles de Gaulle aircraft carrier reaches the zone. The carrier embarks from Toulon on Thursday.

Meanwhile, French police are hunting for a second fugitive directly involved in the deadly Paris attacks, officials said Tuesday, as France made an unprecedented demand that its European Union allies support its military action against the ISIL group.

The disclosure of a second possible fugitive, whom authorities said they hadn't identified, came as French and Russian warplanes pounded the jihadi group's self-declared capital in Syria. President Vladimir Putin ordered a Russian military

cruiser to work with France on fighting the militants in Syria and U.S. Secretary of State John Kerry hinted at a possible Syrian cease-fire so the world could focus on crushing ISIL.

French and Belgian police were already looking for a key suspect, 26-year-old Salah Abdeslam, whose suicide-bomber brother, Brahim, died in the attacks Friday night that killed at least 129 people and left over 350 wounded in Paris. Islamic state militants have claimed responsibility for the carnage.

THE ASSOCIATED PRESS

+ MOSCOW

A sombre President Vladimir Putin ordered the Russian missile cruiser Moskva, currently in the Mediterranean, to start co-operating with the French military on operations in Syria. Moscow has vowed to hunt down those responsible for blowing up a Russian passenger plane over Egypt last month, killing 224 people.

GERMANY

Soccer match nixed due to bomb threat

The friendly soccer game between Germany and the Netherlands was cancelled 90 minutes before kickoff on Tuesday due to the threat of a bomb at the stadium.

"We had concrete evidence that someone wanted to set off an explosive device in the stadium," Hannover police chief Volker Kluwe told German TV. Members of the German government including Chancellor Angela Merkel were not at the stadium, but had arrived in

+ DECISION

Federal Interior Minister Thomas de Maiziere took responsibility for calling off Tuesday's game.

Hannover to attend the match to send a signal that Germany wouldn't bow to terrorism in the wake of the deadly Paris attacks on Friday.

THE ASSOCIATED PRESS

MOBILE PAYMENT

Apple Pay available here, but not for all

Apple Pay officially launched in Canada on Tuesday, but only a small number of Canadians will be able to buy books, burgers and bagels with their mobile phones at first.

The mobile payments app allows users to upload credit card data to their Apple devices and use it for tap-to-pay systems or in-app purchases.

Apple said seven retailers, including Tim Hortons, Petro-Canada and Indigo Books and Music, will accept payments at first, with more to come.

Yet most Canadians won't be able to use Apple Pay immediately because it currently accepts only American Express cards issued by Amex Bank of Canada and the tap-and-pay system only works with the iPhone 6 and 6S models.

That means no Visa or MasterCard, which together account for more than 90 per cent of the Canadian market. American Express accounts for 8.2 per cent of the total.

Apple will require the co-operation of banks and card issuers such as Visa and Master-

+ COMPETITION

Apple Pay's expansion comes a few months after Google launched its own tap-and-pay service, Android Pay, while Samsung started Samsung Pay. Both are for Android phones, while Apple Pay requires iPhones.

Card to make the system work on a widespread basis, but Canada's large financial institutions have so far been silent on working with the Cupertino, Calif.,-based tech company.

Penelope Graham, editor at RateSupermarket.ca, said the banks are wary of Apple cutting in on the transaction fees they charge merchants.

Apple Pay launched in the United States in October 2014 and in the United Kingdom in July 2015. Australians can also use Apple Pay as of now, but they too are limited to American Express cards.

THE CANADIAN PRESS



The big players are pulling out all the stops to get your breakfast business. Doug Fisher is president of food service consultancy firm FHGI in Toronto and likes Starbucks but also enjoys the odd McDonald's breakfast sandwich. TORSTAR NEWS SERVICE

Fast-food giants fight for breakfast dollars

RESTAURANTS

Rivals try to lure customers from leader Tim Hortons

Doug Fisher tries to steer clear of fast food for breakfast, but once in a while the president of food service consultancy firm FHGI International Inc. in Toronto has one of Starbucks' decadent egg sandwiches.

"Breakfast is a hot item, and it's an open market," he says.

The giants are locked in a battle for your breakfast business. Fisher says they're all trying to lure you away from top player Tim Hortons which has over half the morning market share among "quick service" chains. McDonald's has been the most successful at stealing market share from Tims with its wildly popular coffee and McCafé offerings, Fisher says.

Breakfast accounts for 27 per cent of all fast food revenue, up from 20 per cent last year. According to research firm NPD Group, the morning meal (breakfast and early snack) ac-

tually surpassed lunch in 2014 as the industry's biggest business "day part" in Canada. It accounts for 35 per cent of all fast food traffic compared to 25 per cent at lunch, says NPD.

Most of the giants have launched new breakfast menu items recently. They range from so-called healthy fast food to traditional, higher-calorie fare, says marketing professor Ken Wong at

the Smith School of Business at Queen's University. The Egg McMuffin, which was introduced in Canada in 1976, is still among the lightest menu items out there at 290 calories. Tim Hortons offers some brekkie sandwiches under 300 calories, while others are about 500 calories. At the other end of the scale, Burger King's Enormous Omelette Sandwich weighs in at 750 calories. TORSTAR NEWS SERVICE



McDonald's Egg McMuffin TORSTAR NEWS SERVICE

IN BRIEF

Canadian Pacific pitches merger with U.S. railroad

Canadian Pacific Railway says it has proposed a merger with U.S.-based Norfolk Southern Corp. to create a transcontinental railroad. The Calgary-based railway said the proposal includes a sizable premium in cash and stock. THE CANADIAN PRESS

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ROSEMARY WESTWOOD

Hate-crime headlines and anti-immigrant sentiment don't completely describe this country. There are 35 million people in Canada. And the vast majority of them are not attacking Muslims right now.



A few things have happened to Farheen Khan since terrorists attacked Paris.

Yesterday, as she was getting ready to leave her house, her mother told her to make sure she called, to say that she's safe.

In the wake of hate crimes against Canadian Muslims, there's "fear, that we need to be careful," said Khan, a Mississauga writer, community activist, former NDP candidate in the last election, and a Muslim who wears a hijab.

Then later yesterday, gasping up her car, an elderly man was watching her intently. "It looked like he wanted to say something." But instead he offered a deep, heartfelt smile. Khan sensed he "wanted to say I'm sorry that you're going through this."

You might think Islamophobia is sweeping this country: a Molotov cocktail tossed into a Peterborough mosque; a Toronto woman attacked in what police are calling a crime "motivated by hate;" a misguided woman with a sign on her lawn asking Muslims if they're sorry for what their "brothers" did in Paris.

More than 60,000 have signed a petition to slow Canada's acceptance of Syrian refugees. Saskatchewan's premier and Quebec City's mayor are both questioning the Liberals' plan — to offer a new home to 25,000 Syrians fleeing their country's civil war.

The hate-motivated crimes are "heinous and tragic," Khan said. But they have also lead to examples of support, like the Peterborough mosque. "You see the community rally

together and try to raise money for this mosque." Loud voices support Canada's refugee commitments, too.

Islamophobia in Canada has peaks and lulls. Like after 9/11, we're in a peak,



(ISIL) have nothing to do with the average Canadian Muslim, or the average Muslim, period.

Farheen Khan

Khan said.

"There needs to be a distinction. In a lot of people's minds we need to be able to create that sense that you know what, an extremist group — they're an organ-

ized crime agency, they have nothing to do with the average Muslim Canadian or the average Muslim, period."

Khan added that clearly, education must continue.

"The last 10 years that we've been under the Harper Conservatives really added fuel to the fire. We've gone a little backwards."

We'll see if the new tone of the Liberals helps change things, Khan said. And she agreed with me that hate-crime headlines and anti-immigrant sentiment don't completely describe this country.

There are 35 million people in Canada. And the vast majority of them aren't attacking Muslims right now.

When we give in to fear and bigotry, the extremists win



Michael Coren
For Metro

I am currently in London, England and the ripples from the Paris massacre are still being felt in this enormous city. It was all the more biting for me as our eldest daughter lives in Paris. Thank God she's okay, but one of her friends was shot in the arm. Proximity and love make it all so grotesquely real.

So, however, do the responses; especially when they are thoughtless, reactionary and soaked in rhetoric.

The mood here is that if we are to defeat these gargoyles of immorality, we must maintain our cultural superiority. And that culture consists of tolerance, religious pluralism, gay and women's rights, the rule of law and the acceptance of the stranger. To compromise on this would be to allow ISIL to win.

Yet within moments of the attack, not only social media but mainstream newspapers were calling not just for severe responses against ISIL — which is entirely justified — but warning against anybody perceived as a

threat. Namely: Muslims and migrants.

The truth, however, is that the overwhelming majority of Muslims not only detest ISIS but are its first victims. As for migrants, the very reason many of them are fleeing is to escape Islamist barbarism. That feeling is strong in London but I'm not so sure it's the case across the Atlantic.

As for increasing the military campaign against the terror group — and perhaps we have to do so — we should also remember that it was the Gulf War, the western coalition's invasion of Saddam's Iraq, that destabilized the region and led to the very anarchy we now see. If you doubt me, think back to the situation before that campaign took place.

So the West is hardly free of blame in all this, and to now see armchair warriors writing bellicose columns is nauseating. Every time we make a sweeping statement about Islam, call on borders to be closed or call for migrants to be treated like potential terrorists we play into the hands of ISIL and empower the very people we claim to oppose.

I have written an entire book about the persecution of Christians by Islamic extremists, and am not some naïve fool who doesn't understand how the Muslim faith can be twisted. But I also know true Islam and true Muslim people.

As a submachine-gun-carrying British cop said to me just hours after the massacre, "These bastards have to be stopped." His name was Mohammad.

The West is hardly free of blame in all this, and to now see armchair warriors writing bellicose columns is nauseating.

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— Paula Langille

Earlier this year, at the 2015 Halifax Housing Outlook Conference, a senior analyst with Canada Mortgage and Housing Corp revealed that homes in Spryfield are fetching 80 per cent more on average than they did just a decade ago — indicating a major popularity boom in the community.

With a flurry of new subdivisions being built, an influx of new Spryfield residents are seeking amenities and services to accommodate them within their own community, which is located immediately to the west of the Halifax Peninsula and stretches south from the Armdale Rotary along Purcell's Cove Road, Herring Cove Road, and Northwest Arm Drive.

When it comes to business and health services, the majority are concentrated in the Spryfield Central Business District (CBD) along the central section of Herring Cove Road, in close proximity to where most of Spryfield's residents live.

Spryfield Shopping Centre (formerly known as South Centre Mall), located within the CBD, houses a number of important facilities for residents, including Spryfield Dentistry, located next to Capital Health. Previously located at 349 Herring Cove Road, Spryfield Dentistry is now located within the heart of Spryfield's CBD



SANDOR FIZLI

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Spryfield Dentistry's senior dentist, Dr. Lowell Shore, is among the community's new residents, having recently moved back to the area to both live and work in Spryfield.

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SANDOR FIZLI

BENEFITS OF LIVING IN SPRYFIELD

When it comes to recreation, residents can take advantage of amenities such as Crystal Crescent Beach, the Spryfield Lions Rink,

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Congratulations to the team at Spryfield Dentistry on their grand opening.

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crowding, spacing and color of your teeth.

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2015 is almost over — have you used your dental insurance coverage per-annums and planned out what dental care you'll need over the coming New Year? To inquire about any of the above services and more, call Spryfield Dentistry at (902) 477-8252, or visit them online at spryfielddentistry.com.

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Spryfield Dentistry's story is a connection to the community

Long-time residents of Spryfield are likely to spot a familiar face living and working in the community again.

Dr. Lowell Shore recently moved the dental practice, Spryfield Dentistry to Spryfield Shopping Centre (formerly Spryfield Dental Center of Herring Cove Road), and with Shore's long-time connections to Spryfield, he's a well-recognized person in the community.

"A lot of the people I see in the office say, 'I was a patient of yours 30 years ago,' so there's a lot of re-connection. A lot of the people who lived out here 30 years ago are still here."

The story of the practice begins 44 years ago, when it was originally located above what was then an IGA store. Shore eventually sold the clinic and moved downtown to focus on the Tridont franchise. Getting back involved in his former clinic with the Spryfield team, the clinic has been renamed from Spryfield Dental Center to Spryfield Dentistry.

WE'RE INTERESTED IN IMPROVING PEOPLE'S DENTAL HEALTH AND EDUCATING THEM SO THAT THEY CAN KEEP THEIR TEETH FOR THEIR ENTIRE LIVES."

— Dr. Lowell Shore

Shore also relocated personally to Spryfield after living for several years in Prospect – and he's happy to be back.

"It was that stage of life where it was time to get closer to

amenities, the city, and my son and daughter-in-law," says Shore, who is also happy to be closer to The Pond Playhouse, which he and his wife have been involved with for over 15 years.

"The neighbourhood we live in, Kidson Estates, is very nice — the people in Spryfield are very friendly. The community has everything you could possibly want."

One of the main features that enhances Spryfield's sense of community are the centralized services that it offers. Spryfield Shopping Centre, where Spryfield Dentistry is now located, acts as a retail and health service hub for the community, and is also home to Capital Health offices, doctors, retail stores, and more.

In addition to the convenient location, Spryfield Dentistry's patients also appreciate the dental education offered at the clinic and its state-of-the-art services and products.

To book your appointment with Dr. Shore, call Spryfield Dentistry at (902) 477-8252 or visit them online at spryfielddentistry.com.



Dr. Lowell Shore is a well-recognized member of the Spryfield community. SANDOR FIZLI

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— Dr. Lowell Shore

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Dentists create calm atmosphere

If you're looking for a dentist for yourself or your child, Dr. Angela Vander Baaren is new to Spryfield Dentistry and currently accepting new patients.

With a special focus on endodontics, Dr. Vander Baaren knows that the word "root canal" often strikes fear in her adult patients — but often unnecessarily.

"The idea is that they're very painful — which is not the case. With the anaesthetics and diagnostic techniques that are used now, patients don't even notice they're having anything different from a filling," says Vander Baaren.

The need for a root canal (which can take as little as 45 minutes to an hour, depending on the condition of the tooth and the patient) arises when there is a deep cavity or the tooth has been traumatized somehow in a way that either exposes or infects the nerve of the tooth.

With proper oral care and regular dental check-ups, however, root canals can be avoided.



Dr. Angela Vander Baaren SANDOR FIZLI

When it comes to her children's practice, Dr. Vander Baaren's friendly, reassuring approach sets children and adults alike at ease.

Vander Baaren recommends that parents bring their child in for their first dental check-up around six months after the first tooth emerges, or at one year-old — whichever comes first.

"We try to keep them comfortable with the environment," she says. "So, if they bring the child in a stroller, I can do the exam in a stroller. If the child is comfortable sitting on their parents' lap, I'll let them sit in their lap."

To book a checkup for yourself or your child, call Spryfield Dentistry (902) 477-8252, or visit them online at spryfielddentistry.com.

Don't let insurance affect children's health

Neglecting your oral care through poor dental hygiene and infrequent check-ups can negatively impact your overall health. And unfortunately, many people only seek dental care that's covered by their insurance.

Fortunately, however, there are ways to bridge the gap between what your insurance covers and the dental care you need to ensure optimal oral health, and, ultimately, optimal overall health.

"If you require more services than your insurance states they cover, it is possible for your dental hygienist to gather evidence and information to present to your insurance company requesting services that are required more frequently," says Registered Dental Hygienist Lisa Dagley, of Spryfield Dentistry.

Dagley explains that even if gaps remain between what your insurance covers and the dental care you require, you can still save money in the long-run by paying the difference out-of-pocket for regular dental scaling with fluoride and check-ups. "It can mean keeping your own teeth and saving money by

not paying to replace missing teeth with more expensive services," says Dagley.

Periodontal disease (also called gum disease or periodontitis), which is primarily caused by plaque, may be linked to heart attack and strokes, says Dagley. "There is an unclear link between periodontal disease and heart attack and strokes. Some say bacteria in the mouth can get into the bloodstream and add to artery plaque buildup or even travel to the heart and cause inflammation of the heart valve lining, increasing your chances for cardiovascular disease," Dagley warns.

Fortunately, good perio dental care can help prevent periodontal disease, as well as improve the condition for those who suffer from it and lessen its impact.

Dagley recommends that children have dental checkups every 6-12 months depending on their oral hygiene, and that adults consult a dental care practitioner for advice on their own individual check-up frequency, which varies depending on one's overall health, diet, oral care, and other factors.

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Charlie Sheen on life with HIV

THE ANNOUNCEMENT

Actor reveals diagnosis to end extortion, reduce stigma

Former Two and a Half Men star Charlie Sheen has HIV.

In an interview Tuesday on NBC's Today, the 50-year-old

actor said he tested positive for the virus that causes AIDS about four years ago, but that, thanks to a rigorous drug regimen, he's healthy.

When asked by co-host Matt Lauer if he had transmitted the disease to others, he declared, "Impossible. Impossible," and insisted he had informed every sexual partner of his condi-

tion beforehand.

Since his diagnosis, he has had unprotected sex with only two partners, he said, adding, with no further clarification, "They were under the care of my doctor and they were completely warned ahead of time."

He said one reason for going public with his condition was to put a stop to shakedowns from prostitutes and others

who threatened to out him.

He said one prostitute took a photo of the HIV-related drugs in his medicine cabinet and threatened to sell that photo to the tabloids.

He said he had paid "enough to bring it into the millions" — perhaps as much as \$10 million — to buy their silence and now was seeking to "put a stop to this barrage of attacks and sub-truths."

"Are you still paying these people?" Lauer asked him.

"Not after today I'm not," said Sheen, who during his appearance appeared jumpy and spoke in stuttering bursts.

Asked by Lauer if he expected "a barrage of lawsuits" from past sexual partners alleging he infected them, he said wanly, "I'm sure that's next."

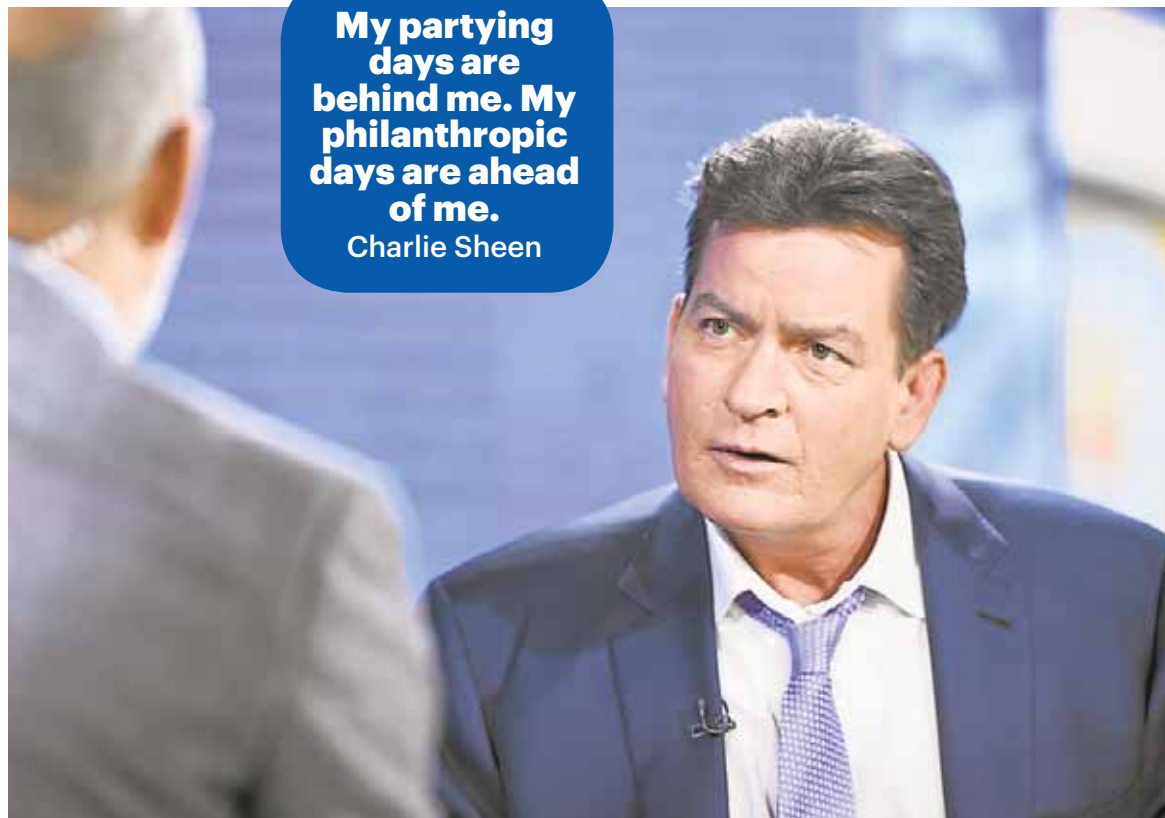
With his public pronouncement, Sheen said he hoped to

reduce the stigma and shame still felt by some others diagnosed with HIV, as well as by those who are reluctant to be tested in the first place.

"I have a responsibility now to better myself and to help a lot of other people," he said. "And hopefully with what we're doing today, others may come forward and say, 'Thanks, Charlie, for kicking the door open.'"

THE ASSOCIATED PRESS

My partying days are behind me. My philanthropic days are ahead of me.
Charlie Sheen



Charlie Sheen in an interview Tuesday said he tested positive four years ago for the virus that causes AIDS. NBC/THE ASSOCIATED PRESS

SHEEN NOT ALONE

Blackmail not new hazard for celebrities

Here are some other big names who've been blackmailed:

Bill Cosby: In 1997, Autumn Jackson attempted to extort \$40 million from the comedian, alleging Cosby may have fathered Jackson during an affair. Jackson was convicted of extortion and sentenced to 26 months in prison.

Cameron Diaz: In 2005, photographer John Rutter threatened to release racy topless photos he'd taken of the actress in 1992 unless she

paid him \$3.5 million. A California judge convicted Rutter and sentenced him to three years and eight months in prison.

Yoko Ono: In 2006, chauffeur Koral Karsan was sentenced to time served after pleading guilty to attempted grand larceny following a demand for \$2 million not to release embarrassing photos of Ono.

David Letterman: In 2006, former CBS news producer

Robert Halderman demanded \$2 million from the former late-night host to keep quiet about affairs Letterman had with female staffers on his show, including Halderman's girlfriend. Letterman acknowledged the affairs and apologized on air while Halderman was convicted and spent four months in jail.

John Travolta: In 2009, following the sudden death of his son Jett in the Bahamas, a paramedic and an ex-senator

demanding \$25 million not to release personal info about the actor's role in the event. The charges were dismissed a year later at Travolta's request.

John Stamos: In 2010, Michigan couple Allison Coss and Scott Sippola tried to squeeze the TV actor for \$680,000 after claiming to have photos of Stamos using illegal drugs and cavorting with prostitutes. They were each sentenced to four years in prison. TORSTAR NEWS SERVICE

WHAT TO KNOW

AIDS activists react

Three Toronto social workers talked about what they hope people will take away from the Sheen's HIV-positive reveal.

DO

...practice what you tweet

"People are much more willing to talk about HIV and show compassion and that's incredible," says Murray Jose-Boerbridge, executive director of the Toronto People with AIDS Foundation. "The next hurdle there is to actually take that to action."

...start treatment right away

"What we're hearing in the research is it's really important to start your treatment right away when you find out," says Jocelyn Watchorn, the AIDS Committee of Toronto's director of support services.

...disclose to your children at your own pace

Sheen spoke about coming clean to his 31-year-old daughter Cassandra. "It's helpful when the parents themselves have done a lot of work in terms of their own acceptance of HIV," says Nicci Stein, executive director of the Teresa Group, which advocates for children and families affected by HIV and AIDS.

DON'T

...talk about HIV like it's a karmic punishment

"People always think, 'I'm not that kind of person, therefore I'm fine,'" Stein says. "There's such a wide variety of people who are living with HIV through all sorts of circumstances."

...assume Sheen represents all HIV-positive people

"I'd hate to see discussion or resources move to follow the trend of a star. The vast majority of people living with HIV continue to be gay men or other individuals who are experiencing societal gaps," says Jose-Boerbridge.

...underestimate the value of a celebrity ally

"He has the capacity and he certainly has the following to actually raise provocative conversation," Jose-Boerbridge says. "To actually challenge people to really think."

TORSTAR NEWS SERVICE



SOME FACTS ABOUT HIV

- Cocktails of powerful medications have turned HIV into a manageable chronic disease for many people who can afford them. Those drugs also reduce the amount of HIV virus circulating in the body, what's called the "viral load," often to undetectable levels. That, in turn, reduces their chance of transmitting HIV to sexual partners, one reason that health officials urge early treatment.

- There is no vaccine. Condoms if used consistently and correctly are highly effective at preventing sexual transmission. Also, a daily pill sometimes is prescribed for healthy people to help prevent them from becoming infected by partners who have the virus, something called "pre-exposure prophylaxis" or PrEP.

THE ASSOCIATED PRESS

IN CANADA
71,300 people are estimated to be living with HIV, as of 2011.

'Tis the season for slow cooker meals

QUICK RECIPES

Try these fun dishes that are perfect for busy families

Ceri Marsh & Laura Keogh
For Metro Canada



We're going to tell you the one thing that is certain to make your life easier. And you're likely going to be surprised that it's a kitchen appliance. However, if you need to get meals on the table for your family everyday, without fail, then a slow cooker is truly your savior.

We know — it's wildly unsexy, but this magical appliance is the easiest way to deliver home-cooked meals without all the, well, you know, being home and cooking.

Whether you toss your dinner in the pot in the morning and head out the door to work or fill it with goodness before you go to bed, your family is always guaranteed a hearty and delicious meal.

Here are three of our favourite slow cooker dishes you can get on the table this week.

FOR MORE MEAL IDEAS, VISIT
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DINNER BUTTER CHICKEN

You won't believe how good the house smells when you come through the door to this healthy recipe that doesn't actually use a drop of butter but delivers double on creamy and rich flavour.

Ready in

Prep time: 10 minutes
Cook time: 6 hours

Ingredients

- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 3 or 4 cloves of garlic, minced
- 1 tsp minced ginger
- 147 ml tube of tomato paste
- 1 heaping Tbsp curry
- 1 x 400 ml coconut milk
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsp coconut oil
- small handful of cilantro for garnish

LUNCH CHICKEN CHILI TACOS

If your family doesn't already have a taco day then you'll definitely want to start the tradition with this juicy and tender chicken dish.

Ready in

Prep time: 10 minutes
Cook time: 6 hours

Ingredients

- 6 boneless, skinless chicken thighs
- 1½ cups prepared pico de gallo or salsa
- ¼ cup fresh lime juice
- 2 tsp cumin seeds, lightly toasted
- ¼ cup chopped fresh cilantro
- 12 taco shells

Directions

1. Place the chicken, pico de gallo or salsa, lime juice and cumin seeds in a slow cooker and stir to combine. Cover and cook on low for 6 hours.
2. Allow to cool a bit. Scoop the chicken out with a big slotted spoon and place it in a large bowl. Use two forks to pull the meat apart. The chicken will shred easily. Stir in some cooking juices from the pot and add the cilantro.
3. Place the shredded chicken, your taco shells and desired fixings on the table and let everyone put together their own perfect taco.



Let your family top their tacos with their favourite ingredients. This recipe serves four. MAYA VISNYEI

BREAKFAST PB AND BANANA SANDWICH OATMEAL

This morning bowl of oats is like your favourite childhood flavours all rolled together in one bowl.

Ready in

Prep time: 10 minutes
Cook time: 8 hours

Ingredients

- 1¼ cups steel cut oats
- 2 cups almond milk
- 1 cup milk
- 1 cup water
- 1 Tbsp flax meal
- 1 Tbsp chia seeds
- 1 tsp real vanilla extract
- 1/4 tsp salt
- 1/3 cup chunky or smooth peanut butter
- 1 ripe banana, sliced
- 1 tablespoon honey
- 1 tablespoon brown sugar

Directions

1. Add oats, almond milk, milk, water, flax meal, chia seeds, vanilla extract, salt and peanut butter into your slow cooker. Give it all a stir with a whisk to break up the peanut butter.



This recipe serves four. MAYA VISNYEI

2. Arrange banana slices across the top. Drizzle with honey and then sprinkle the brown sugar. Cover and cook on low for 8 hours.

3. In the morning, scoop oatmeal out of slow cooker, pour in splash of almond milk and garnish with toasted, sliced almonds and some shredded coconut.

LIQUID ASSETS A NEW WAY TO LOOK AT FRANCE'S BEAUJOLAIS

With word that the 2015 harvest in France's Beaujolais produced fruit worthy of classic vintage status; tomorrow's release of the region's Nouveau wines might just turn into, well, an event.

The first juice pressed from French vineyards, Nouveau had its heyday back in the late '70s when wine-makers would race to be the first to unveil their wines at Parisian bistros.

While it still gets the spotlight in Europe, North American snobs complain that Nouveau wines are too expensive and as flimsy as a cheap shower curtain. Always up for a glass of wine

on a cold November night, I've kept a more open palate when approaching Nouveau. At an average price of \$14, those made with the hand-picked grapes from the broader Beaujolais appella-

tion cost about as much as an average Aussie Shiraz. Joseph Drouhin's 2015 Beaujolais-Villages Nouveau (\$15.95-\$18.99) comes from the vineyards surrounding a smaller group of villages.

Loaded with red berry fruit; like all Nouveau it shines brightest after a slight chill. PETER ROCKWELL/ FOR METRO CANADA



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Donna Hay cooks The New Easy way

COOKING AT HOME

The Aussie food star talks recipes for everyday meals

Donna Hay is in her “absolute happy place” picking through a bunch of fresh mint.

The Australian food personality slips the perfect leaves into an ice bath. She sets the imperfect ones (most of them, in fact) aside.

“Only the pretty ones survive,” sighs Hay with a hint of guilt. “It’s terrible. It’s Next Top Model: Mint.”

Hay — a prolific cookbook author, magazine editor, TV personality and food stylist — is in the Torstar test kitchen cooking from her newest book. The New Easy: 135+ clever solutions and flavour-packed recipes for weeknights and weekends is her 23rd book.

Hay has always made gorgeous look easy. Now she makes easy look easy.

She has asked to make her spiced lamb and tahini tart. The dish (which isn’t a tart by Canadian definitions) slathers an ordinary pita with hummus and tops it with ground lamb mixed with pine nuts, honey, dried mint and a North African

spice blend called ras el hanout.

You’re allowed to just scatter the perfumed meat mixture on the pita, but Hay can’t help herself. She rolls the meat into tiny, perfect marble-sized balls while she talks.

Still, the pitas are ready for the oven in minutes.

“It speaks to me,” Hay says of the Middle Eastern-inspired dish, “because I actually just cooked this at home. I think the reason my children like this is because I’m not a huge believer in standing over them to make them eat their vegetables.”

Her boys — 12-year-old Angus and 9-year-old Tom — like their vegetables to come alongside dips. Tom calls this lamb pita concoction “dip pizza.” Both sons can make it themselves.

Hay is passionately devoted to getting people to cook at home.

“I think restaurants have a really great place in my life, but I don’t want to try to emulate something too difficult at home, even on the weekend — I just don’t have time.”

The New Easy promises to simplify kitchen life with new flavour combinations and new shortcuts. There are quick weeknight meals and special weekend

dishes, with shorter chapters for salads/sides, baking and desserts. “Re-style” tips show you how to tweak and present dishes into something new.

Hay adores basic ingredients that are simply prepared. She lives in multicultural Sydney in a country spoiled for choice when it comes to fresh food. But she’s best known for her exquisite food styling.

Hay doesn’t fake her pictures. She uses a water sprayer, paint brush and oil to gloss things up, but shoots only in natural light and says her team of 20 eats everything they cook.

“I think styling has got a lot more casual,” she muses. “It’s a little bit messier and little bit more inclusive so people don’t feel so pressured to perform.”

TORSTAR NEWS SERVICE



People may fall for the pictures in her cookbooks says Donna Hay, but “then they’re pleasantly surprised by the ingredient list and the fact the method is short and concise.” MAIN PHOTO CONTRIBUTED; FOOD PHOTO: TORSTAR NEWS SERVICE

RECIPE

Spiced Lamb + Hummus Pita Serves 4

Ingredients

- 4 large pitas (about 9 inch/23 cm)
 - 2 cups (500 mL) homemade or store-bought hummus
 - About 1-1/2 lb (675 g) ground lamb
 - 1 Tbsp (15 mL) dried mint
 - 2 Tbsp (30 mL) liquid honey
 - 1 Tbsp (15 mL) ras el hanout spice blend (a North African/Moroccan blend of about 12 spices)
 - 1/2 cup (125 mL) pine nuts
 - Kosher salt + freshly ground black pepper
- For serving**
- Plain Greek yogurt
 - Fresh mint leaves
 - Lemon wedges

Directions

1. Place pitas on parchment-lined baking sheets. Spread with hummus, leaving 1/2-inch (2-cm) border.
2. In bowl, combine lamb, dried mint, honey, ras el hanout and pine nuts. Season with salt and pepper. Sprinkle lamb over hummus. (Or form into marble-sized meatballs and arrange neatly on pita.)
3. Bake in preheated 400F (200C) oven until lamb is cooked through and golden brown, about 12 to 15 minutes.
4. Cut pitas into wedges. Serve topped with yogurt and sprinkled with sumac and fresh mint leaves. Pass lemon wedges separately. ADAPTED AND RENAMED FROM THE NEW EASY.

INTERVIEW

Nigella Lawson celebrates balanced life in new cookbook



Nigella Lawson’s new cookbook *Feel Good Food* focuses on the simplicity of comfort foods. TORSTAR NEWS SERVICE

“Life is just too short to do all that planning and resisting. I cook what I want and consume what I like.”

Nigella Lawson on leading a balanced life

For iconic beauty Nigella Lawson, her life, like her latest book, *Simply Nigella — Feel Good Food*, is about balance. “But that’s not a very grabbing message, is it?” she says.

Oh yes it is, when it comes in such a pretty package. She wanted these pages of cookery to contain “a lot of light, be serene and yet cozy.”

Lawson is quite a messy person who likes the clutter of things in the kitchen and in life as they come together. She doesn’t fuss with being tidy, generally.

But in the book, the TV chef conveys order and balance — take for instance the Strapsada, which is a whole new comfort food supper take on scrambled eggs.

Lawson says this is the sort of supper you need when you get home and the fridge is bare. Breaking her “no tomatoes with eggs” rule, it is essentially a perfect one pan blend of fresh tomatoes, tomato paste and eggs meant to be spread on crusty bread. Feels like the kind of thing

one would eat in bed with a remote control in the other hand.

Like most of her work, *Simply Nigella* also conveys a very personal glimpse into her kitchen. She uses the first-person voice and commentary right in the recipe instructions (an editorial no-no). In the Strapsada recipe she calls herself “a lazy English person” who can’t be bothered peeling tomatoes.

She eschews the idea that her words and on-camera presence is ladled with double entendre. She isn’t sensual for the camera in her word choice or actions — “it’s just me!” she insists, peppering her conversation with food descriptive like “relish the moment” in her dulcet voice.

Her whole life attitude is very of-the-moment and her health message is inclusive to the extreme. In the book, she does focus on whole foods but avoids nothing. Meat and bread, butter and cream are all invited to the cooking party.

“I find it is those who deny themselves a bit of dessert who

end up eating more,” she says. Why not consume something delicious and enjoy the pleasure? “Life is just too short to do all that planning and resisting.”

“I cook what I want and I consume what I like,” says Lawson. For instance, upon her arrival in Toronto she went out for dinner and fresh off the plane her body craved greens. The crisp, wet, crunch of a salad was satisfying and her entree was light, too. When the dessert menu came around, she considered it and would have had a luscious slice but she felt like more salad. So that’s what she had. She admits that on another day she will consume nothing but bread and cheese.

Balance takes a wide berth, not a narrow view.

As for her beauty regimes, she moves. Not exercises — moves. She finds joy in the regular motions of life — exerting effort to lift and carry and bend is a gift. It isn’t about butter and cream or beating yourself up at the gym, it is about both. She considers

it a privilege to embrace yet another day of this life, having lost too many too young since both her parents and her first husband passed on early. “Worrying about aging is just silly, there’s not much one can do about it, is there?”

It does beat the alternative, yes.

Her cooking style is thus: pick an ingredient, fall in love with it and use it up until it is finished. Her recipe for Pea and Broccoli soup does just that (check out the recipe on the next page) by making sure that there are three other recipes to use up the broccoli.

To those who would follow in Lawson’s footsteps, she would say to write about food using your own voice.

Anyone can write a recipe. But to curate an idea and love pieces of food together into your own expression of consumable art invites people into your world. Luckily, she has invited us into hers yet again. THERESA ALBERT/FOR METRO

JOHANNA SCHNELLER WHAT I'M WATCHING

Aziz Ansari speaks to his generation

MASTER OF NONE, SEASON 1, EPISODE 5 (NETFLIX)

Dev (series creator and star Aziz Ansari) and a married woman (Claire Danes) are caught in flagrante by her husband Mark.

"I'm going to leave, and this time I'm leaving for good!" Mark rages to her.

Then he wheels on Dev, who is clad only in undershorts: "Why are you still here?" "I thought it might be awkward if we were in the elevator together," Dev replies. "Would you like to go first, or should I go first?" Mark stares at him in disbelief, then snaps, "Get the f— out of my house!"

I love this — Dev is nearly naked, in the middle of an emotional maelstrom he helped cause, yet his main concern is parsing the minutia of awkwardness. All 10 episodes contain moments like that, because Ansari has a gift for capturing the rhythms and concerns of millennials, that 20-something cohort who are struggling to be



Master of None star and creator Aziz Ansari has made the perfect show about the minutiae of awkwardness. HANDOUT

authentic but on-trend, empathic but cool; are navigating a world where they have to ask permission to kiss but expect to hook up; are trying to figure out who they are while processing billions of bytes of information; and who fear awkwardness above all else.

Ansari is also first-generation American, which adds a new

dilemma, proudly brown versus colour-blind. He sums up an entire world view in, say, the search for the perfect taco ("What am I supposed to do now?" he sputters to the taco truck driver, whose wares are sold out. "Buy the second-best tacos, like an idiot?"). It's the perfect 21st-century show.

IN BRIEF

Oxford's Word of the Year for 2015 is not a word

For the first time, the Oxford Dictionaries Word of the Year for 2015 is not a word but an emoji.

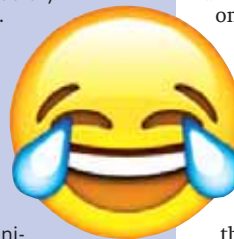
The pictograph is officially called the 'Face with tears of joy,' and shows a happy face crying tears.

To choose from the many types of emojis in use, Oxford University Press worked with mobile technology business SwiftKey to track the most popular symbol used around the world in 2015.

In the U.K., the happy crying face made up 20 per cent of all emojis sent in 2015, while it also made up 17 per cent of emojis used in the U.S.

That compares to four and nine per cent respectively the year before.

AFP



COLLABORATIONS

Artists Shine a Light on racism in America

When Pharrell Williams signed up to perform at an all-star concert highlighting race relations in America, the multi-layered musician didn't want to "have a Kumbaya type-of-moment" onstage with his fellow performers, as he put it.

"That's not what these communities need. They don't need another song, they need action," Williams said in an interview Monday. "And if that's accompanied by music, that's a beautiful thing."

What came from that are two specials airing on A&E on Friday. The two-hour *Shining a Light: A Concert for Progress on Race in America* — which includes Bruce Springsteen, Smokey Robinson, Ed Sheeran, Sia and John Legend — will tape Wednesday at the Shrine Auditorium in Los Angeles. It will air at 8 p.m. ET on Friday.

A one-hour special, *Shining a Light: Conversations on Race in America*, will follow at 10 p.m. ET. The special will feature conversations about racial inequality and violence in communities like Baltimore, Md. and Ferguson, Miss.

Williams visited and taped a performance earlier this month at the South Carolina church where nine black parishioners were shot and killed on June 17.

"We feel like for the first time a major network was very generous and (was) open to the

concept of there being a platform for people in communities to voice their opinions and talk about their stories," said Williams, who was

joined by Soledad O'Brien in Charleston, S.C. "Even if they agree or disagree, they have a platform to do it in an organized way."

THE ASSOCIATED PRESS



Pharrell Williams
GETTY IMAGES

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Snowbirds, leave your home in good hands

Will your home be safe this winter?

A security and home automation system can help in many ways, particularly for holiday travellers, says Paul Ingram, of Wilsons Security.

"With remote access, you'll be notified of events taking place at home. But you can look in on the house, too, and see what's happening for yourself — all from the comfort of your poolside lounge chair."

Ingram recommends following a checklist to keep your home secure while you're away.

Program the security system to turn various indoor and outdoor lights on and off at appropriate times, deterring would-be thieves. In the event of a break-in, program the house lights to come on. This often sends criminals running.

With a keyless lock system, give your pet sitter a unique entry code and receive text

or email notifications when they arrive to take care of the cat.

When there's a cold snap, check the temperature remotely and raise it if necessary, and use a low-temperature sensor to call for help if the heating system fails when the temperature falls.

Travellers also want their home secure in case of flood or fire. Connect a flood sensor to the security alarm so you're notified when water reaches a certain level in the sump pump. Set up a camera in the room so you can open an app and see it in real

time on your phone.

You can also monitor your home for smoke, carbon monoxide, natural gas and/or propane. Wilsons Security offers a heating division for home heating solutions when you're not there, Ingram says.

Visit wilsonsecurity.ca for more information, or call 902-453-3388.



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Satisfyingly straightforward



REVIEW

Ford Edge lacks personality, but big on most everything else

Mike Goetz

For Metro Canada



Ford Edge was one of the pioneers of crossover land.

The territory is now teeming with contenders, but Edge has always maintained a sizable following through the years, even with the last generation model, which first debuted way back in 2006 and was showing its age.

An all-new Edge debuted for 2015 and it shows Ford knows a thing or two about building and selling mainstream crossovers. The styling is current crossover generic with a Ford face and will not alienate anybody. And through an expanded four-trim lineup (SE, SEL, Titanium, Sport), a series of well-thought-out option packages, and three engines on the menu, the Edge can be tailored to fit the needs of a lot of buyers in the “family” space.

So Ford Edge is not a niche product. But this is a good thing for midsize crossover shoppers, as it is built to deliver what everyone expects and values today in this segment, without too much fanfare and extra expense.

Moving the Edge to the current Fusion platform has raised its driving dynamics to another level. AWD models also now get “Curve Control” that automatically adjusts power and braking to maintain the right pace and

line through a corner, should you go in there a little too hot.

All models also get “paddle shifters” on the steering wheel, and they are always “active” — you don’t have to first shift the transmission lever into any kind of “manual drive” position.

The more sophisticated chassis is also quieter, and more comfortable over rough roads.

The big 3.5-litre V6 in our tester pumps out a lot of torque, for effortless motoring.

Ford Edge actually debuted the ill-fated first-generation MyTouch interface. This newer version works much better, and has just the right amount of hard buttons and knobs.

Our Titanium test vehicle had the 8-inch LCD screen with SYNC. That techy piece, along with the dashboard and centre console designed to look like one piece, looks impressively modern. Luxury vehicles seem to knit their interior bits together with a bit more detail and finesse, but otherwise there is a lot to enjoy in the Edge cabin.

With a slightly longer body and no third row to worry about, the Edge has a roomy rear seating area. And there is almost 200 litres of cargo space behind those rear seats. One of Edge’s best features are the rear seat backs, which can be flipped forward by the cargo-area mounted switch.

It has a wide variety of up-to-date safety features, such as 18-degree front camera, adaptive cruise with brake support, blind spot warning, park assist, a lane keeping system that steers the vehicle back into line, and inflatable rear safety belts. Overall the new Edge feels very capable, comfortable and useful.

THE CHECKLIST | 2016 FORD EDGE

THE BASICS

Type. Midsize, 5-passenger, FWD/AWD crossover
Power. 245-hp 2.0-litre Turbo I4, 280-hp 3.5-litre V6, 315-hp 2.7-litre Turbo V6
Transmission. Six-speed automatic
Price. Base \$31,999 (plus destination)

NOTABLE FEATURES

- 180-degree front camera, which has its own washer cleaning system
- Advanced park assist for both perpendicular and parallel parking spaces
- Available heated and cooled front seats
- Cargo-area switch flips rear seats forward to form a virtually flat and voluminous cargo hauling space



MIKE GOETZ/FOR METRO

POINTS

- All-new generation model debuted in 2015, based on current Ford Fusion platform
- Made in Canada, and first Edge model to be exported to Europe
- Stiffer and better handling chassis, fortified Sport model, and standard paddle shifters on all models nudge Edge toward more intensive driving experiences

MARKET POSITION

- Slots in the Ford crossover roster between the smaller Escape and slightly larger Explorer
- Roomy and car-like crossover, for those who don’t need extreme 4X4 capabilities, towing, or three rows of seating
- New range-topping Titanium model designed to meet increasing market demand for more premium feel and features in small and midsize crossovers

THE COMPETITION



Dodge Journey
Base price: \$21,495



Toyota Highlander
Base price: \$33,355



Nissan Murano
Base price: \$31,889

SEMA SHOW

Small carmaker 3D-printing its way into the history books



The Local Motors LM3D wowed at the Specialty Equipment Market Association show earlier this month. NEWSPRESS

Even at an event dedicated to customization and individual automotive style, a small company called Local Motors with just a single car on display managed to make a huge impression at this year’s SEMA show.

At first glance, the LM3D Swim looks like a beach buggy. It’s red, has no roof and there’s even a surfboard mount. However, when you realize that it took less than four months to go from an idea to the finished product and that said product was made via Direct Digital Manufacturing (DDM) — a form of 3D printing

— then things start to get very interesting.

“In the past few months our engineers have moved from only a rendering to the car you see in front of you today,” Local Motors CEO Jay Rogers said. “We are using the power of DDM to create new vehicles at a pace unparalleled in the auto industry.”

Local Motors first proved the potential power of 3D printing in January when it arrived at the North American International Auto Show in Detroit without anything to display but over the course of the event live-printed

an electric vehicle, the Strati.

The LM3D Swim design came from Kevin Lo, a member of Local Motors’ community of developers, makers and innovators, and was chosen from 60-plus entries.

Despite the rapid pace with which the company and its creations have already moved, meeting federal safety rules takes time. One of the LM3D Swim’s aims is to accelerate the process of creating a fully homologated series of cars that meet all relevant safety standards with a view to making the first customer deliveries by 2017.

As well as crash protection, the car will also protect the environment. It has fewer components — 50 versus the 30,000+ used in a typical vehicle — and an electric motor. Then there’s the scope for customization. Potential owners can quite literally personalize their vehicles inside or out with little more than the click of a mouse.

The company hopes consumers will be able to start reserving and potentially customizing their printed cars in 2016, and the finished vehicle should retail for \$53,000. AFP

The haul to environmental health

DRIVING FORCE

Concept vehicle offers lessons for manufacturers

Jil McIntosh
For Metro Canada



Car owners are always looking for better fuel efficiency, but they're not alone. It's also a major issue with tractor-trailers, since fuel is usually a trucking company's largest operating cost.

As part of a U.S. government project involving four truck manufacturers, Freightliner has developed its SuperTruck. This concept tractor-trailer has achieved real-world testing of 19.3 L/100 km when fully loaded, about half of what a conventional truck would use.

"Seventy per cent of the freight in the U.S. is hauled by trucks, so trucking is an important part of the economy, but it consumes about 20 per cent of all fuel for road vehicles," says

Derek Rotz, manager in advanced engineering for Daimler Trucks North America, which owns Freightliner. "If a truck uses less fuel, fleets can reduce their operating costs and it's good for the environment."

The SuperTruck concept is a combination of technologies, some of which are already in use in production trucks, including aerodynamic styling and low-rolling-resistance tires.

Others that may be used in the future include lightweight materials, electric air conditioning, and active grille shutters that improve airflow over the nose when full engine cooling isn't needed.

But while engineers tried as many things as possible, not all of them turned out to be viable. A technology has to cost less in the long run than the equivalent value of the fuel it will save, and also can't be so complicated that it's difficult to manufacture or install. The SuperTruck uses an exhaust-mounted turbine that runs off waste heat to produce electricity, but it's too heavy and complex for real-world use.

The truck also has a gasoline-electric hybrid system



This truck won't go into production, but much of its fuel-saving tech will. JIL MCINTOSH/FOR METRO

that ultimately didn't return the efficiency expected. Hybrid systems recharge their batteries with regenerative braking, which captures kinetic energy generated by the wheels when slowing down. Since these trucks primarily cruise at steady speed on the highway, there isn't much opportunity to recharge.

"There is limited stop and go, which means less energy recovered," Rotz says. "And it needs a lot of power to drive the vehicle, so you need a unique hybrid design for trucks and it's difficult to leverage passenger car technology. We went into the program in 2010 and (truck)

hybrids were in discussion at the time, but very little was known about them. Five years later, we know the potential but also the limitations of the system, and we feel hybrids are actually not the best solution for long-haul trucks."

The engineers also optimized more than 2,000 of the truck's

+ DETAILS

- The U.S. government's SuperTruck program goal was a **50 per cent freight efficiency improvement**, which includes fuel, distance travelled and weight carried, but Freightliner achieved a 115 per cent improvement.

- Concept vehicles like the SuperTruck allow engineers to test new technologies not just in laboratories, but in **real-world scenarios** including hauling loads.

- Freightliner has also introduced a **self-driving concept truck**, the Inspiration, currently being tested on Nevada's highways.

components, gaining a fraction of fuel economy with each that adds up over the entire vehicle. The truck's integrated aerodynamic trailer is also part of the project, and contributes about two-thirds of the SuperTruck's overall fuel savings.

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Huskies football reflection

UTECK BOWL

Ex-St. Mary's coach Nill returns with UBC T-Birds



Kristen Lipscombe
Metro | Halifax

This weekend's Uteck Bowl will be a bit of a Bluenose homecoming for Blake Nill.

The accomplished Canadian Interuniversity Sport football coach is coming back to Nova Scotia to lead the UBC Thunderbirds, as they take on the St. Francis Xavier X-Men at the national semifinal matchup in Antigonish.

Nill spent 14 years coaching here, starting off as a defensive co-ordinator with the X-Men in 1992, where he spent six years, before taking the reins of the well-established SMU football program in 1998, for eight successful years through the 2005 season.

"I'm looking forward to going back there," the Hanna, Alta., native said Tuesday evening, while waiting at Vancouver International Airport with his team to take a flight east.

"I've got a lot of friends in Halifax and I enjoy coming back and seeing a lot of my former players (and) former coaches," said Nill, who led the Huskies to a record six-straight Atlantic University Sport championship titles, four trips to the CIS national championship and two-straight Vanier Cup victories.

Nill joined the UBC Thunder-



UBC Thunderbirds head coach Blake Nill celebrates with his players after last Saturday afternoon's 34-26 Hardy Trophy upset over the Calgary Dinos. RICH LAM/UBC THUNDERBIRDS

birds this season, after nine years with the Calgary Dinos, who he took to a record six-straight Hardy Cup titles, awarded annually to the Canada West champions, as well as three more Vanier Cup appearances.

He won the Frank Tindall Trophy, recognizing the CIS coach of the year, in 1999 and was a finalist for the award on six other occasions.

So while Nill is thrilled to see many familiar faces when he's back in the province he called

"I'm a huge believer of AUS football and I always will be. Blake Nill

home for many years, he emphasizes he's here "on business" first and foremost.

"I'm here trying to win a football game," he said, "but I'm sure I'm going to run into a lot of people who I've had close ties with in the past."

Nill's team practises at his old stomping grounds, Hus-

kies Stadium, from Wednesday through Friday.

One of his former players at Saint Mary's is Perry Marchese, who was relieved of his duties as Huskies head coach after two years of heading up the storied football program.

Marchese was only at the Huskies helm for two AUS sea-

sons, going 0-8 both this year and last, but dealing with a decidedly younger and less experienced roster.

"I think the difficulty started when the decision was made to let coach (Steve) Sumarah go," Nill said of his thoughts on the recent rough road for his former Halifax team.

Sumarah was on the Saint Mary's coaching staff from 1998 through 2011, succeeding Nill as head coach in 2006.

He led the Huskies to four

straight Loney Bowl trophies, awarded annually to the AUS champions, an appearance at the 2007 Vanier Cup and was named the 2009 CIS coach of the year.

He was dismissed just two years later.

"I'm friends with Steve and, of course, I'm somewhat familiar with the reasons for the decision, but at the time, I thought it might have been a little hasty," Nill reflected.

"The reason being, is that I don't think that they replaced Steve with the same level of experience that he had."

Not to say that Marchese doesn't have a strong football background himself, Nill emphasized, but "he may have been thrown into a tough scenario there."

With Marchese's dismissal, Saint Mary's announced that the search for a new football coach started this month.

But it will be difficult to replace the likes of legendary coaches Nill and the late Larry Uteck, who the eastern CIS semifinal is named after, in great part due to his success as Huskies head coach from 1983 through 1997, including five Atlantic Bowl and three Vanier Cup appearances.

"When I was at Saint Mary's, we were like The Show," Nill remembered. "There was a lot of momentum built up within the community."

The downhill slide Saint Mary's has since taken will be hard for any coach, and any team, to recover from, he said.

"To have that gradually dissipate makes that difficult to gain traction and momentum again."

IN BRIEF

Malkin posts four points to push Pens past Wild

Evgeni Malkin scored two goals and picked up two assists for his first four-point game in two seasons to lead the Pittsburgh Penguins to a 4-3 win over the Minnesota Wild on Tuesday night.

David Perron and Beau Bennett also scored for Pittsburgh, which rode Malkin's inspired play to win for just the second time in five games. Sidney Crosby was held pointless.

THE ASSOCIATED PRESS

JUNIOR HOCKEY

Russia scores its first victory of exhibition series



Maxime Fortier METRO FILE

Halifax Mooseheads head coach Dominique Ducharme stepped behind the bench and forward Maxime Fortier stepped on the ice for Team QMJHL on Tuesday night, for Game 5 of the CHL Canada Russia Series at Aréna Iamgold in Rouyn-Noranda, Que.

The Quebec Major Junior Hockey League squad, which this year also features goaltender Mason McDonald of Halifax, fell to the Russian junior team 3-2 in the first of two games between the two competitors this week.

The second game is set for Thursday night at Mooseheads home arena the Scotiabank Centre in Halifax, with puck drop at 8 p.m. AT.

The exhibition matchups are part of a six-game series being hosted by the Canadian Hockey League, which also featured Russia taking on the top players from the Western Hockey League and Ontario Hockey League for two games each, starting Nov. 9.

On Tuesday night, netminder Alexander Trushkov led Rus-

+ WATCH IT

Watch Thursday's game live on Sportsnet 360 and TVA Sports, or go to TicketAtlantic.com to reserve your seat at the Scotiabank Centre.

sia with 33 saves, while Sergei Boikov, Andrey Svetlakov and Artur Lauta each put goals past QMJHL goalie Samuel Montembeault for the win.

Montembeault made 20 saves, while Anthony Richard and Nicolas Roy scored for the Q-league. Team QMJHL outshot Russia 35-20 in the loss.

Tuesday's game marks Russia's first win of this year's series.

Fortier didn't collect any points in the game, while McDonald of the Charlottetown Islanders didn't man the posts, but will likely take his spot in the crease for Thursday's game, the sixth and final of this year's series. METRO

Estrada happy to be back with Blue Jays

MLB

Two-year deal for stingiest pitcher after all-star break

The Toronto Blue Jays wanted him back, and Marco Estrada was happy to return. For the right-hander, it was a win-win situation.

The Jays agreed, signing him to a \$26-million US, two-year deal that made sense for both parties.

For the 32-year-old Estrada, who made \$3.9 million last season, it's a gigantic pay hike that should translate into lifetime security for his family. For the Jays, needing to bolster their rotation for the likely loss of free agents David Price and Mark Buehrle, it's two more years of service from a dependable, quality arm.

Estrada is also low maintenance and a comfortable fit in the Toronto clubhouse.

"He exemplifies everything we're looking for in a Blue Jay player," interim GM Tony LaCava told a Rogers Centre news conference Tuesday. "He earned this contract and we're happy to have this day for him."

The new contract was announced last Friday, but Estrada and LaCava met the media Tuesday to discuss the deal.

After being acquired from Milwaukee in a November 2014 trade for Adam Lind, Estrada started this season in the bullpen after rolling an ankle in spring training but soon pitched his way out of it.

Befuddling batters with a devastating change-up, Estrada



Marco Estrada, left, and interim GM Tony LaCava speak at news conference on Tuesday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

“They loved it out here. They had a really good time, felt safe and comfortable. That means the world to me.”

Marco Estrada on his family's opinion of Toronto

went 13-8 with a career-best 3.13 earned-run average and a career-high 28 starts.

Only Jake Arrieta (.185) of the Chicago Cubs and Zack Greinke (.187) and Clayton Kershaw (.194) of the Los Angeles Dodgers held batters to a lower average this season than Estrada (.203). And Estrada led the majors in that category after the all-star break, restricting opposition hitters to a .183

batting average.

Kershaw is due to make \$34.6 million next season while Greinke will get \$26 million. Arrieta made \$3.63 million as an arbitration-eligible player in 2015, and isn't eligible for free agency until after the 2017 season.

Estrada had several options after the Jays made him a \$15.8-million qualifying offer. He could have opted for

the one-year pot of gold, tested free agency or made another deal to stay in Toronto.

He chose the last option, saying it was "smooth sailing" getting the deal done.

"I would have taken probably less for more years," he acknowledged. "But it's just the way things worked out. Two years is plenty ... I feel like it's an extremely fair offer."

"Could I have got more years on the open market? Maybe. But I wanted to come back here."

Estrada said one big reason was that most of his teammates are also coming back. "And I feel it's a pretty strong team to begin with." THE CANADIAN PRESS

Price soon to learn if he's won Cy Young



David Price
JAMIE SQUIRE/GETTY IMAGES

David Price may join a select list of Blue Jays on Wednesday when the American League Cy Young Award winner is announced.

But even if Price is right for the award, the free-agent pitcher may be an asterisk on the Jays' list of winners — Roy Halladay (2003), Roger Clemens (1997, 98) and Pat Hentgen (1996) — given his Toronto days could well be over.

Price (18-5), who joined Toronto on July 30 in a deal with Detroit just ahead of the trade deadline, is up against Sonny Gray (14-7) of Oakland and Dallas Keuchel (20-8) of Houston Astros for the AL award.

\$200M

The amount free-agent pitcher David Price is expected to sign for

Price won the award in 2012 with Tampa Bay.

Interim Jays GM Tony LaCava was cagey when asked about Price. "Without being specific to any one guy, we're engaged with a number of free agents and we're talking to a lot of teams as well," he said.

The Chicago Cubs have al-

ready been linked to Price, who is expected to land a contract in excess of \$200 million US.

Price went 9-1 with a 2.30 earned-run average in 11 starts with the Jays. He ranked first in the American League in earned-run average (2.45), third in innings pitched (220.1) tied for third in quality starts (24) and was fourth in strikeouts (225).

The National League Cy Young winner will also be announced Wednesday with Jake Arrieta (22-6) of the Cubs and Zack Greinke (19-3) and Clayton Kershaw (16-7) of the Los Angeles Dodgers vying for the award.

THE CANADIAN PRESS

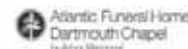
metro OBITUARIES

MAHON, Charles Arthur



Mahon, Charles Arthur age 65 of Dartmouth passed away peacefully on Saturday, November 14 at the Halifax Infirmary Site, QEII after a brief battle with cancer, with his family by his side. Born in Halifax, in 1950, Charles was the son of Albert and Jean (Henley) Mahon. Charles studied business at Dalhousie University, working as a stock broker for many years. He had

a great passion for the outdoors and a love of the ocean. The family summer home in Great Village is where Charles and his family made many memories gardening, swimming in the rock hole and enjoying the countryside. Charles is survived by his wife of 32 years, Joan (Larkin); daughter, Dorothy (Clarke); son, Patrick; sister, Nancy (Bourque) of Bathurst, NB; sister-in-law, Audrey Mahon of Halifax; and many nieces and nephews. He is predeceased by his loving parents and brother, John Albert Mahon. A service of remembrance will be held in Atlantic Funeral Homes, 771 Main Street, Dartmouth on Saturday, November 21, 2015, at 1:00pm, with a reception to follow. A private burial will take place in Great Village, NS at a later date. In lieu of flowers, donations may be made to Nova Scotia Epilepsy Association, Canadian Cancer Society or FEED Nova Scotia. To leave an online condolence, please visit www.atlanticfuneralhomes.com (Dartmouth Chapel)



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Federer ends Djokovic run

TENNIS

World No. 1 was unbeaten in 15 at ATP, Swiss ace easily won

Even the best player in the world can have an off day, especially when he's playing someone many believe is the best of all time. Roger Federer brought his top game to the O2 Arena on Tuesday, stopping Novak Djokovic's ATP Finals winning streak at 15 by beating the top-seeded Serb 7-5, 6-2.

"I wouldn't have picked it maybe before the tournament, just because of his really good record on the indoors, the year he's had," said Federer, who lost to Djokovic in the Wimbledon and U.S. Open finals. "But then again, all day I felt good about my chances."

The win put Federer in the semifinals of the season-ending tournament for the 13th time in



Roger Federer reaches for a forehand against Novak Djokovic at ATP World Tour Finals in England. CLIVE BRUNSKILL/GETTY IMAGES

14 appearances. Djokovic, who has already clinched the year-end No. 1 ranking, had not lost at the ATP Finals since 2011, winning the last three elite titles for the top eight players in the world.

But Federer was strong Tuesday, as he usually is on an indoor hard court. The six-time champion broke Djokovic in

the final game of the first set, and again early in the second. Although Djokovic broke right back, Federer regained the lead a short time later and won the final four games.

"Credit to Roger for mixing up the pace, giving me always a different ball. He used the slice and spin very wisely. He served

very efficiently. I made a lot of unforced errors. Just handed him the win." On Sunday, Federer beat Tomas Berdych, giving him a 2-0 record this week. He will still play Kei Nishikori on Thursday in the final round-robin match. Djokovic beat Nishikori in his first match, and will face Berdych on Thursday for a spot in the semifinals.

66

I made a lot of unforced errors. Just handed him the win.

Novak Djokovic

Djokovic has been the best player in tennis all year, winning three Grand Slam titles and losing the other in the final at the French Open. In beating Federer at Wimbledon and the U.S. Open, he won his ninth and 10th major titles. THE ASSOCIATED PRESS

EURO 2016 PLAYOFFS

Swede dreams for Zlatan after double

Sweden earned a ticket to the 2016 European Championship after drawing with Denmark 2-2 in the second-leg playoff on Tuesday.

While Zlatan Ibrahimovic, who scored both of Sweden's goals, will get to make his international bow in France next year, this match was the end of the road for Morten Olsen, Denmark's coach for 15 years.

Ibrahimovic put Sweden 2-0 ahead, and though Denmark's Yussuf Poulsen and Jannik Vestergaard replied in the last 20 minutes, the Swedes advanced 4-3 on aggregate.

"This is just fabulous," said Ibrahimovic, who at age 34 is not



+ UKRAINE WIN

Ukraine beat Slovenia 3-1 on aggregate to qualify for Euro 2016 next year, after a 1-1 draw on Tuesday.

Andriy Yarmolenko got Ukraine's goal on the night.

It is the first time Ukraine has successfully qualified for a European Championship, although it received an automatic place as co-host nation in 2012.

THE ASSOCIATED PRESS

expected to play internationally beyond Euro 2016 in France.

After a strong start by the Danes, Ibrahimovic ran free to heel in a flat corner kick in the 20th. The pony-tailed striker, who has 19 career goals in Euro qualifiers, added a second on a free kick in the 77th. THE ASSOCIATED PRESS

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PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada

Your favourite childhood meal just got a makeover. Don't worry, we promise it's still as delicious as ever.

Ready in

Prep time: 50 minutes

Serves 6

Ingredients

- 2 Tbsp unsalted butter
- 2 Tbsp spelt flour
- 4 cups spelt elbow macaroni
- 1/4 cup low sodium chicken stock
- 1 1/2 cups milk
- 1 cup shaved cheddar cheese
- 1 1/2 cups shaved Monterey Jack cheese, divided
- 1 tsp Dijon mustard
- 1 cup frozen chopped kale
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/2 cup of bread crumbs

Directions

1. Preheat oven to 350 F.
2. In a medium size saucepan, melt butter over medium low heat. Add flour and whisk.
3. Cook pasta according to package directions.
4. Add chicken stock and milk and allow to simmer for 5 minutes so mixture can slowly thicken, stirring occasionally. Lower heat and add mustard, cheddar and 1 cup Monterey Jack cheese. Mix until cheeses have melted and mustard is combined. Add kale, nutmeg and salt; stir until warmed and mixed together, about 2 minutes.
5. Place cooked pasta into medium size casserole dish and mix in cheese sauce, being sure to coat all the pasta. Sprinkle the top with the remaining Monterey Jack cheese and then top with bread crumbs. Bake for 30 minutes, or until cheese sauce is bubbling and edges are a golden brown.

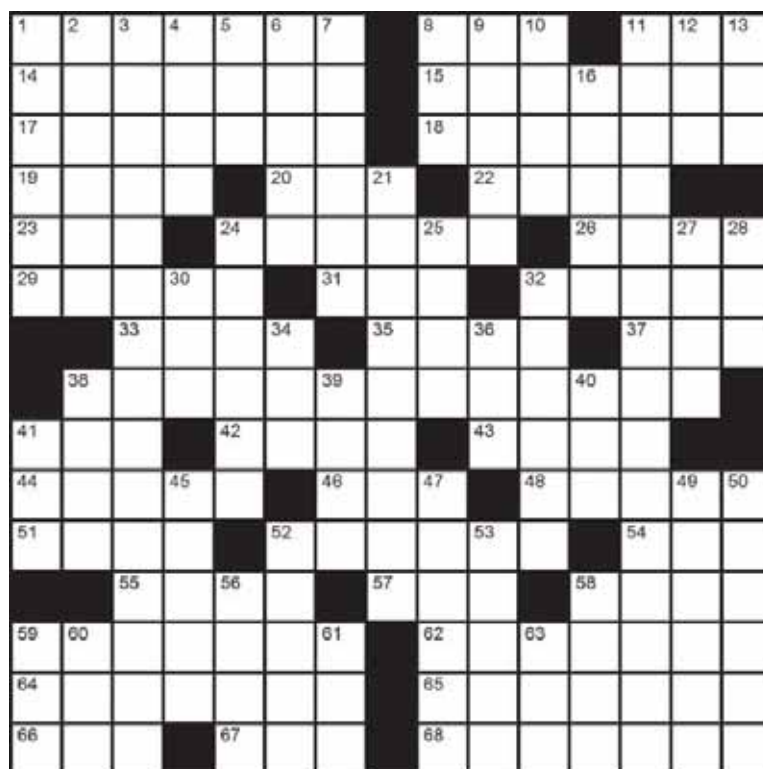
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ACROSS

1. Look beyond: 2 wds.
8. "Take on Me" band
11. Beach building
14. Revolutionary leader Che Guevara's real first name
15. North Carolina's capital city
17. Diamond patterns on classic socks and sweaters
18. Slice, in Sherbrooke
19. Mr. Schiffrin (Composer of the "Mission: Impossible" theme music)
20. Clairvoyance, e.g.
22. Peril
23. "Take _ _ insist."
24. Like the vision of a not-wearing-their-glasses person
26. Shield's centre knob
29. Like a twangy voice
31. Member of Parliament, e.g.
32. Found out
33. House, in Hamburg
35. Radar's grape drink on "M*A*S*H"
37. Rob Roy's refusal
38. Margaret Atwood's latest book, The _ _ _
41. Courteney of "Friends"
42. Actor, Corbin _
43. 'N' of CSNY _
44. Wishes
46. Medical pros
48. Lasso



51. In an overly casual manner
52. Island of Italy
54. Job seeker's submission, for short
55. Spoken
57. Aussie animal
58. Pres. Lincoln's
59. Dried fruit, often

62. Upgrade
64. Forestall
65. "20,000 _ Under the Sea" (1954)
66. CN Tower's city, tiny-ly
67. Tube-shaped fish
68. Concert extras

DOWN

1. Keep that freshness by securely closing the food container: 2 wds.
2. Printers' mistakes
3. Canadian History... Sir Martin Frobisher or Sir John Franklin, for

- example: 2 wds.
4. The Smurfs creator
5. Non-verbal communication syst.
6. Forged material
7. Even chance
8. _ gallery
9. Title romantic

- comedy role for Billy Crystal
10. Jai's friend
11. Village on Random Island in Newfoundland: 2 wds.
12. "Eww."
13. Definite article
16. Happen as a result
21. Articulate
24. Short write-ups
25. "Full Metal Jacket" (1987) actor, _ _ Erney
27. Army _ (Military kid)
28. Lyric poem
30. US motorists org.
32. "Million Dollar Baby" (2004) star
34. MLB's Cardinals, on scoreboards
36. QVC rival on American TV
38. Winter coat part
39. Ms. Halliwell (Ex-Spice Girl)
40. " _ _ was saying..."
41. Vitality
45. High nest, variantly
47. Figure of speech
49. Plasmas and LCDs, fun-style spelling
50. Evaluate
52. Alpine sight
53. Measure of light
56. Wile E. Coyote's supplier
58. Jason's craft
59. Fitting
60. For
61. Final amt.
63. B.C.'s ocean

★ IT'S ALL IN THE STARS by Sally Brompton

♈ **Aries** March 21 - April 20
Don't look back and wonder what might have been — look forward and create a bright new future. Any regrets you still have must be dealt with, then forgotten once and for all.

♉ **Taurus** April 21 - May 21
You seem to be plagued by self-doubt. Why? Snap out of it because there is serious work to be done. You are more sensitive than usual but don't let that paralyze you.

♊ **Gemini** May 22 - June 21
The more others say bad things about you the more certain you can be that your actions are having the desired effect. You must not back down. Let others know that you will not be cowed into silence.

♊ **Cancer** June 22 - July 23
You may be in the mood to change things but don't make changes that are not necessary. Focus on your home situation before turning your attention to anything else.

♊ **Leo** July 24 - Aug. 23
Stick to the rules today because if you try to cut corners the powers that be will come down on you hard. Not everyone shares your cavalier approach to getting things done.

♊ **Virgo** Aug. 24 - Sept. 23
Do not allow yourself to be seduced by people who have a way with words — it will inevitably lead to some kind of loss, most likely financial. You don't need advice. Deep down you already know the answers.

♊ **Libra** Sept. 24 - Oct. 23
Don't be distracted by things that take you away from the path you should be on. There will be time for fun and games later on, when the serious stuff has been done.

♊ **Scorpio** Oct. 24 - Nov. 22
It may be in your power to take what you desire but it is not in your long-term interests. If there is something you want but cannot attain through fair means, it may be a sign that you are not supposed to have it.

♊ **Sagittarius** Nov. 23 - Dec. 21
Don't get so caught up in other people's woes that you start feeling depressed. Steer clear of negative people and focus on the good — plenty of which is coming your way.

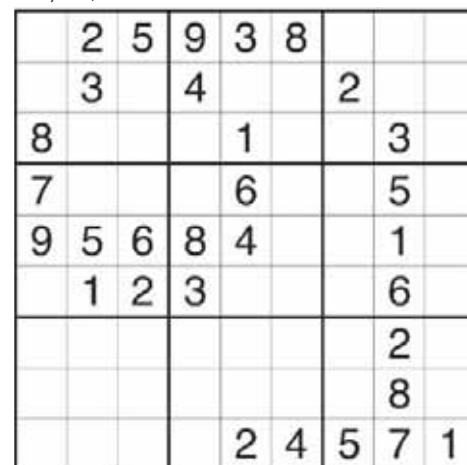
♊ **Capricorn** Dec. 22 - Jan. 20
It would be wise to keep certain thoughts and opinions to yourself. If you cannot say something that everyone can agree with it might be best not to say anything at all.

♊ **Aquarius** Jan. 21 - Feb. 19
Some people are stuck in their own way of seeing things and logic and common sense seem alien to them, but that's life. Make allowances for those who do not share your ability to see both sides of the story.

♊ **Pisces** Feb. 20 - March 20
If you're having second thoughts about something then stop. See which way fate points you next week. The Sun's change of signs could lead to changes in your goals.

CONCEPTIS SUDOKU by Dave Green

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